

The Art of swimming.



A
Short introduction for
to learne to Swimme.

Gathered out of *Master Digbies Booke*
of the Art of Swimming.
(...)

And translated into English for the better in-
struction of those who vnderstand not
the Latine tongue.

By Christofer Middleton.

*Very Curious. & what Mr. Baker of St. John's had
never seen.*



AT LONDON,
Printed by *James Roberts* for Edward
White, and are to be sold at the little North
doore of Paules Church, at the signe
of the Gun. 1595.

35

Short introduction for


to the Art of Swimming

By Christopher Wren


And translated into English by the author in
a Collection of the Works of the same



AT LONDON,
Printed by James Roberts for Edward
White, and are to be sold at the little North
door of St. Dunstons Church, at the Signe
of the Gun. 1694.


To the Worshipfull and well accom-
plished Gentleman, Maister Simon

Smith.

 I R, the report of your perfection in this
facultie, hath imboldened me to presume
vpon your curtesie, the rather for that as
experience in other things hath taught
mee, howe Birds of one kinde, with
mutuall consent helpe to support the younger and
weaker sort, till nature hath sufficiently enabled them,
so doth hope in this thing perswade me, that men of one
disposition, will as willingly accord in their commenda-
ble exercises, tending to profitable ends, as the sencelesse
Fowles of the ayre naturally agree, mutually to main-
taine their owne estate. Thus vnder your thrise wor-
thy protection, as a sufficient shelter from all the ayerie
Buzzards shroude I my selfe, *Dum virum me fecerit etas*,
which if you vouchsafe, it shall embolden mee so to im-
ploy my next vacant time, as may in some better sort re-
quite your VVorshipfull fauour.

Yours in all dutifull
obedience. C. M.



To the Reader.

I Writ not this (gentle Reader) to derogate from his worth, whose labor first brought this worke within the rules of Arte, and hath thereby, as Virgill for the tillage of the earth, Vegetius for Millitary profession, Hipocrates and Gallen for Phisick, Iustinian for the Law, Aristotle, Tullie, Euclides, Boetius, Ptolomeus, for the liberall Sciences, Pomponius Mela, for Cosmography, or Marcator for the Globes of the world, (thought his matter may be of some accounted as the least) yet for his forme deserued commendations with the best: but for his learned style, exceedeth the capacitie of the greater part of men, and the matter it selfe being so necessary for all, I haue, (as I could) gathered his worke into a brieve compendium, for theyr better vnderstanding that are ignorant in the Latine tongue. Thus not to gaine the reward of other mens labours, nor to attribute to my selfe other mens vertues, but to vncurtaine that to the view of all, which was onely appropriated to a fewe, haue I vnder-gone this taske, which I doubt not will proue as profitable as pleasant.

Vale.

Youris all deuill
Obedience, C. M.

Of



Of the Art of Swimming.



Although from the beginning, amongst all the Authors of Artes and Sciences; there are fewe or none which haue bestowed any paines in the explaining or publishing this Art of Swimming, it being so profitable a thing as it is, towards the preserving of mans lyfe, when as he is at any time distressed in the greedie tawes of the swelling Sea, destitute of other helpe, (*Et si tamen a nullo laudetur laudabile tamen est natura*), although it be by none praised, yet doth nature it selfe proferre it sufficiently, especially in man, which aboue all foules of the ayre, Fishes of the Sea, Beasts of the earth, or other creatures whatsoener, excelleth in this facultie as hereafter shall moze at large be expessed. If Physicke be worthy of commendations, in respect of the nature in purging poysoned humors, drying away contagious diseases, and by this meanes adding longer date vnto the life of man, well then may this Art of Swimming come within the number of other Sciences, which preserveth the precious life of man, amidst the furious billowes of the lawles waters, where neither riches nor friends, neither birth nor kindred, neither liberall Sciences nor other Artes, onely it selfe excepted, can rid him from the danger of death. Nor is it onely to be respected for this great helpe in extremitie of death, but it is also a thing necessarie for every man to vse, even in the pleasantest and securest time of his lyfe especially: as the fittest thing to purge the skinne from all externall pollutions or uncleannesse whatsoener, as sweat and such like, as also it helpeth to temperate the extreame heate of the bodie in the burning

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time of the yeare. And if we respect thoroughly the nature of this Art, we may easilie perceiue and see, that it doth not much differ from the rest of the liberall Sciences, A libera mente procedentes.

Whether all things swimme by nature or no.

Nature our provident mother, hath carefully provided for every severall creature, severall meanes for their preservation in their severall kindes: as unto those creatures which have their lying in the inmost bowels of the earth, or other such places far remote from the danger of water, to those hath she not imparted this knowledge, for that is a thing to them altogether impertinent, but to other her creatures, eyther those whose continuall abode is in the deepes, as Fishes, Fowles, and some Beastes that live in the water, or to other which in the actions of their lives, doe any waies tend towards the waters, on them, for their better preservation hath she bestowed this great gift, yet not to every creature alike, but what Element doth most abound in the composition of their bodies, according to the qualitie thereof is their kinde of Swimming. As for example, a Toade hath a broader body then a Frog, and to mans iudgement more fitte to swimme, and yet because her complexion is more earthly and therefore heavier by nature, and sedeth upon the solid popson of the earth, either presently after she commeth into the water, sinketh right downe, or if she doe remaine any time upon the superficies of the water, it is with great labour, whereas a frog feeding on the aerie dewe that lyeth upon the grasse, pleasantlie playeth upon the water, lively representing the true Swimming of a man.

The like reasons is of the Fowles of the ayre, as the Swallowes that feede upon the slender buzzing flies of the ayre, they swim,

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nimbler flye to and fro, and lightlier drinke on the toppe of the water, then other foules, that eyther feede on the woymes of the earth, or the fishes of the Sea. And even as the livelesse trunks which in they constitution, have a greater temperature of ayre or fire, then of water or earth, are of they owne accord carried aboue the water, as wood and such like, and on the contrary, heauy constitutions of water or earth, as lead, iron, stone, and such, directly settle downe to the bottom, so is it with all creatures that haue life, as the Lyon the beast of the sunne, and king of the fozrest, because he is of a sanguine complexion, a hot constitution, nimble of his ioynts, and of a noble courage, swims lightly, and strongly, and so of the dogge, and other creatures, whose constitution is a lower degre of heate. But some kindes of foules, although they bee of a good constitution of body, yet for some impediment in their forme, are hindered and doe not swimme so well as other, whose bodies are moze grosse, as the Cock which is the bird of the sunne, for that he wanteth (as we call them) the webs of his feete, swimmeth not so easily as a Duck which is moze melancholy and heauy by nature, according to the disposition of Saturne.

Man swimmeth by nature.



The fishes in the Sea, whose continuall life is spent in the water, in them dooth no man denie swimming to be the onely gift which Nature hath bestowed upon them, and shall wee thinke it then artificiall in a man, which in it dooth by many degrees excell them, as dyuing downe to the bottoms of the deepest waters, and fetching from thence whatsoeuer is there sunck downe, transporting things to and fro at his pleasure, sitting, tumbling, leaping, walking, and at his ease perfourmeth many fine feates in the water, which far exceeds the naturall gifts bestowed on fishes: nay so fit is the constitution of mans body, that

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that who so dooth but with himselfe thoroughly consider of it, cannot but accord with mee in this, that a man of all creatures under the circumference of heauen, naturally excelleth in swimming.

As for example, a shaft shotte in the water, when it riseth againe, hangeth perpendicularly downeward with the head, and the upper parts and feathers swim above the water, even so is it with a man, who although the lower parts of his body be earthly, and heauy, yet above is the life of liues, the vitall spirits, the externall & internall senses, to be short, the life spirits of euery man, exceedeth the liues of all Beasts, so that they only retayne the bigitable and sensuall powers, the one whereby they grow and increase, and the other whereby they heare, seele, see, smell, and taste. But in man is all these, whose least part exceedeth the greatest quantity of the other in the highest degree, a reasonable soule: so y^e hee hath not onely in great measure the other helps, which Nature hath provided for this purpose, but he hath wisdoine, by Arte so perfect that in himselfe, which by nature is left vnperfect: and hauing plaine rules of Arte, howe by motion to keepe vp the heauy parts of his body, which by reason of theyr heauines are naturally carried downe, it cannot otherwise be, but that swimming must naturally come to a man: and in swimming he must excell all creatures whatsoever.

But so some will object, that if swimming were so natural a thing to a man, then should not so many perish in the water, so these in a word I thus answer: that men who haue not had some practise in it afore, when by any sinister occasion they fall into the water, the discreet vse of their senses is taken away by a suddaine feare, and so vnoorderly labouring in the water, they by the indured moouing of their bodies poll downe themselves vnder the water, and so are drowned, which to auoyde I leaue it to euery seuerall mans consideration, how necessarie a thing this Art of Swimming is.



Of the place and time to swimme.



If all the circumstances which the Authour of this our Art hath in his first booke learnedly set down, as necessarie antecedents befoze he enter into the practise it selfe, I hold these two sufficient for the vnlearned sozt to knowe, (time and place,) and leaue the rest to their wise considerations which are able throughe-ly to vnderstand the Latine tongue. The time which the tem-perature of this our clymate affords as good to swimme in, is comprehended in foure monethes, May, Iune, Iuly, and Au-gust, for that in these monethes the Sunne drawing nearer vn-to our Zenith, his beames falling moze directly downe vpon the superficies of this earth, make a greater reflection, and thence commeth a moze beheimet heate, which dooth temperate the water, and make wholsome the ayre. The winde and weather ought also in these moneths to be regarded, especially of those whose weake constitution, is not so able to endure the cold, as others of a stronger composition of bodie. The windes that are most vntwholsome and dangerous to swimme in, is the East and North, for that blowing from cold and drie places, they bring diuers and sundrie discommodities. The weather that is to be eschewed, is rayne, for these considerations, the droppes doe trouble the superficies of the water, hurteth the bodie, distur-beth the eyes, and lastly, drayning from the banks into the Ri-uer, bringeth also with it, whatsoever dunge, strawe, leaues, and what filth or vntwholsome things else, doe lie neare adioy-ning vnto the place.

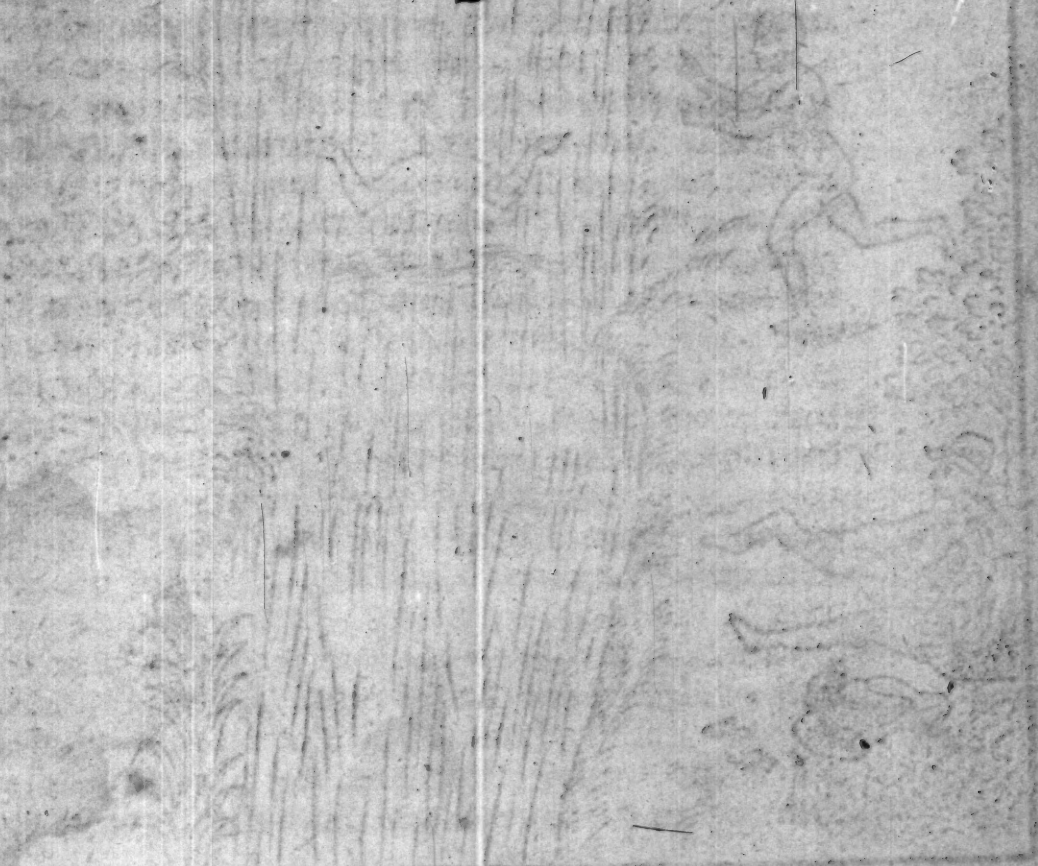
In the place is two things especially to be respected, first, that the bancks bee not ouergrown with ranch thicke grasse,

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where oftentimes, doe lie and lurke many stinging Serpents, and paysoned Loades: not full of thoznes, bypers, stubbes, or thistles, which may offend the bare fecte, but that the grasse be short, thinne, and greene, the bancke beset with shade trees, which may be a shelter from the winde, and a shadowe from the parching heate of the Sunne. Next that the water it selfe bee cleare, not troubled with any kinde of stymie filth, which is very infectious to the skinne, that the breadth, depth, and length thereof be sufficiently knowne, that it be not muddie at the bottome, least by much treading the filth rising up fro the bottome, thicken the water, and so make it unfitte for that purpose. Also that there be not in the bottome of the River any olde stakes or sharpe stones, which may greatly indaunger the swimmer, but that it be a cleare running water, not a standing corrupted poole, the bottome faire sande, where from the banks may easily be perceived, whatsoener doth lye in the deepest place of the River. Which tyme and place, according to these rules and directions when he hath fitly selected, let him asocate himselfe with some one that is taller and stronger then himselfe, which may both comfort him, and helpe to sustaine him, for that at the first enterance, the chilnes of the water will greatly discomfote him: as also he may thereby be better directed where the water is deepe, and where it is shallowe. But if so be that he for any extraordinary occasion, or other reason whatsoener, rather delight to be alone then thus, let him take a longe rod like unto an angle, and upon the end thereof, hange in a long small corde a plummet of lead, wherewith hee may standing upon the bancke, sound every place of the water, and if he cannot reach the further side with his pole, boldlie venturing so far into the water, as by this direction he hath experienced, he may reach further and further, untill he hath tried it all, which if he finde correspondant in every point to the rules before rehearsed, and that there be not any suddaine or plum falling downe into any great holes, which exceede his owne height, nor any whirlpools, as we call them, or kinde of swift or violent streames, that may forcibly carry him away, let him there practise, according to these rules following:
and

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and venture not into any other unknown place, untill hee be a perfect practitioner in this Art - Thus much for the time & place. For the maner of his going into the River, it must not be sweating, (a thing wherunto in the heate of Sommer men are greatlie subiect,) for that coming into the cold water it maketh a suddaine change in body, which is very dangerous, but rather by walking easily in some coole shade, or some such other moderate meanes, let him before hee enter into the water bying his bodie into a reasonable temperature of heate and cold, and then, not as some which are more bold then wise, rudely leape into the water with their feete downwarde, as this picture next following sheweth.



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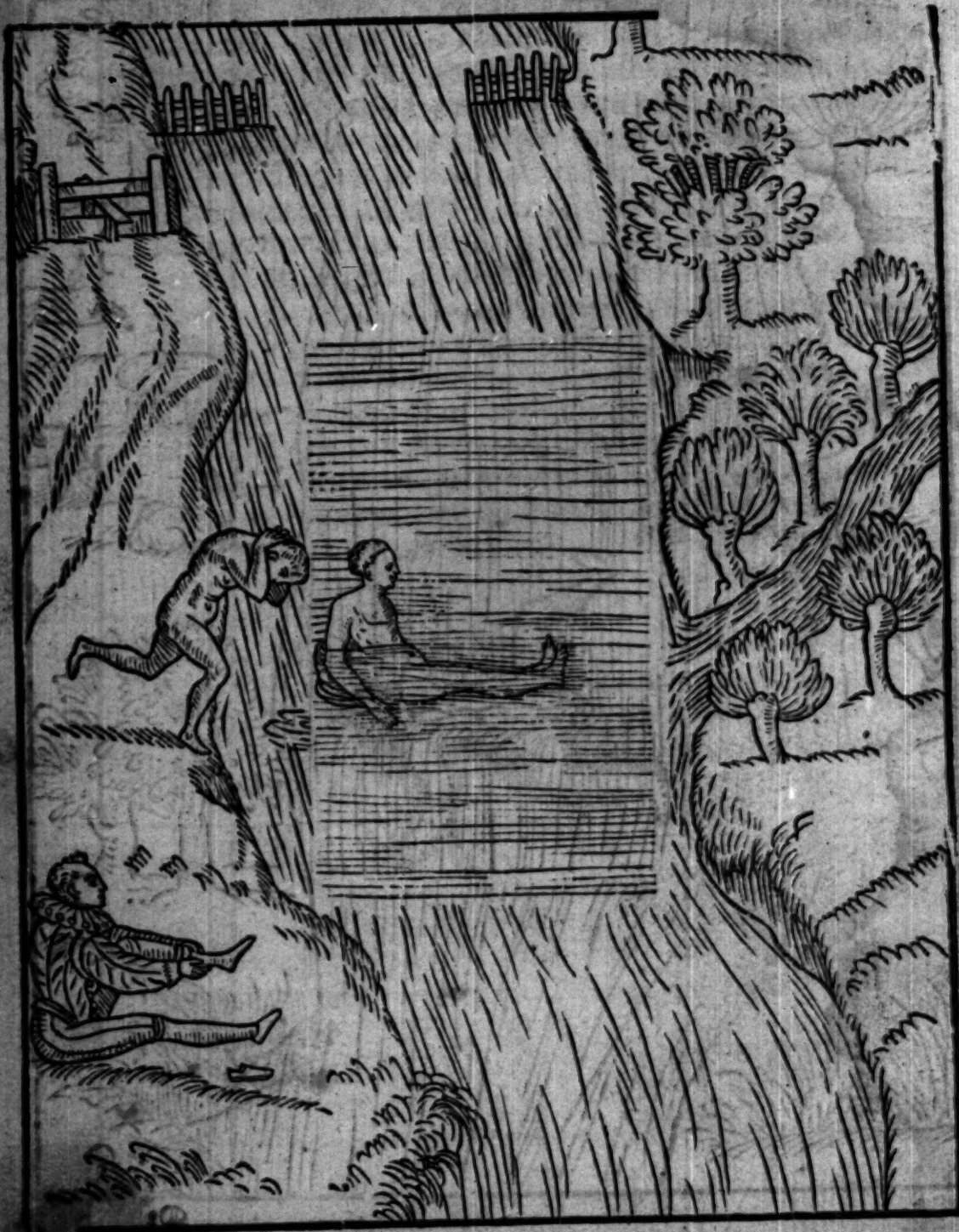
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D: when he commeth at the side, fall in upon his right as
left side, after this fashion.



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When leaping from the bank, and casting forth his leggs (but yet keeping of them close together) hee may light vpon his hippes, and the hinder parts of his leggs, as you see in this picture.



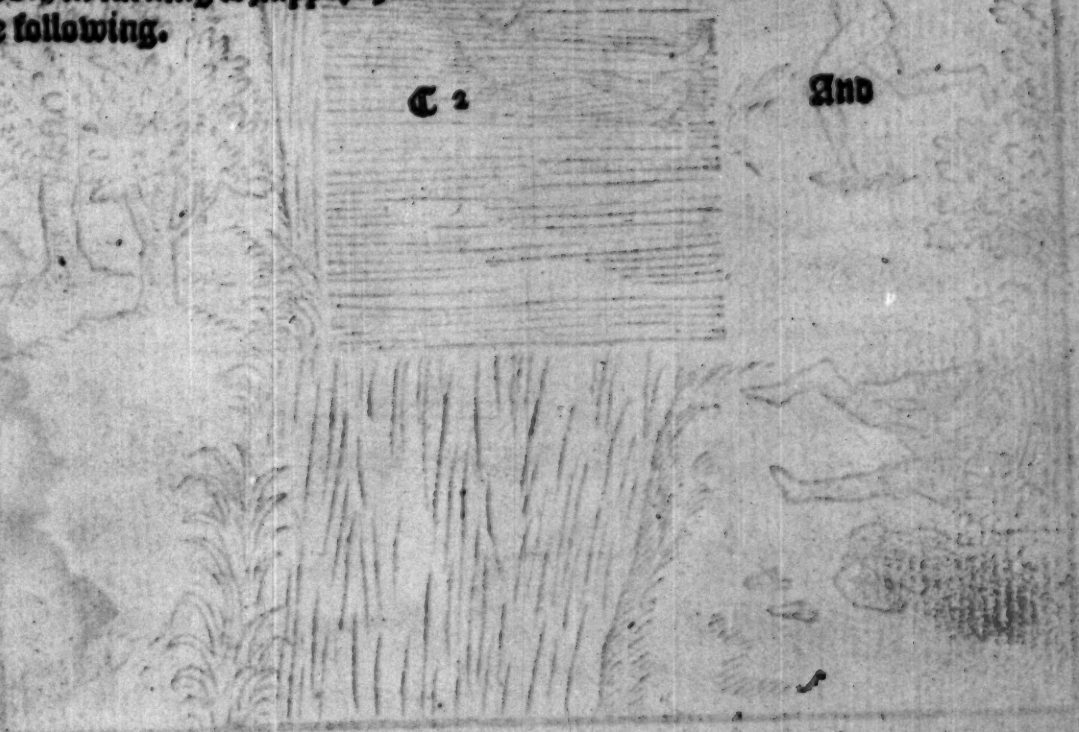
The Art of Swimming.

To swimme on the back.

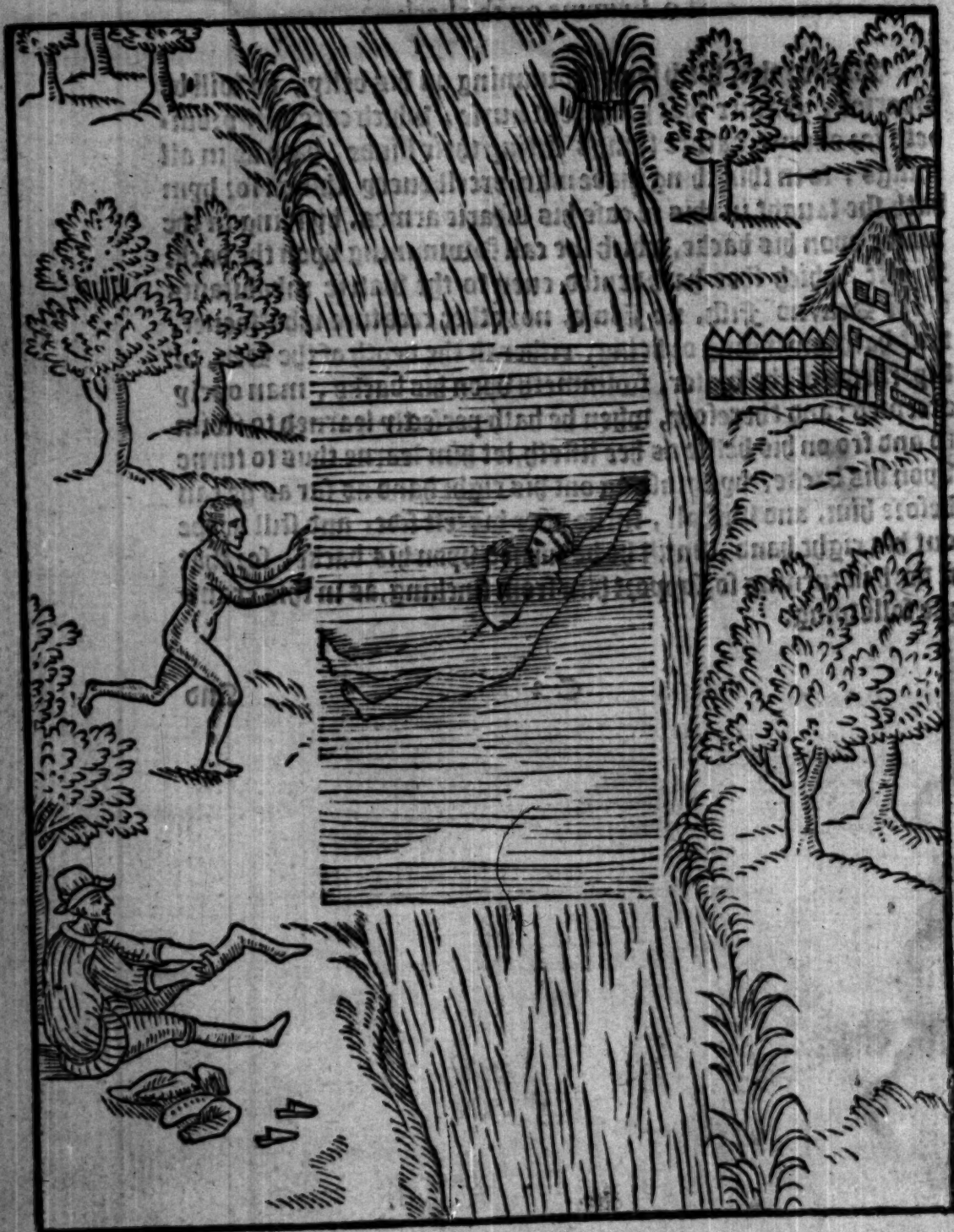
But for that with long swimming on his belly, he will be wearied, Nature that provident nurse, which carefully provideth for every creature things fitting their kinde, hath as in all things, so in this thing made man excell every thing: for hym hath she taught in this to ease his wearie armes, by lying in the water upon his backe, which we call Swimming upon the back. A gift which shee hath denied even to the watric inhabitants of the Sea, no Fish, no Fowle, nor other creature whatsoever, that hath any living or being, either in the depth of the Sea, or superficies of the water, swimmeth upon his backe, man onely excepted: and therefore, when he hath perfectly learned to swim to and fro on his bellie as hee listeth, let him learne thus to turne upon his backe, by thrusting out his right hand as far as he can before him, and withall, turne over his left side, and still keepe out his right hand, untill he be turned upon his backe, for that it doth in turning so, support him from sinking, as in this example following.

C 1

And

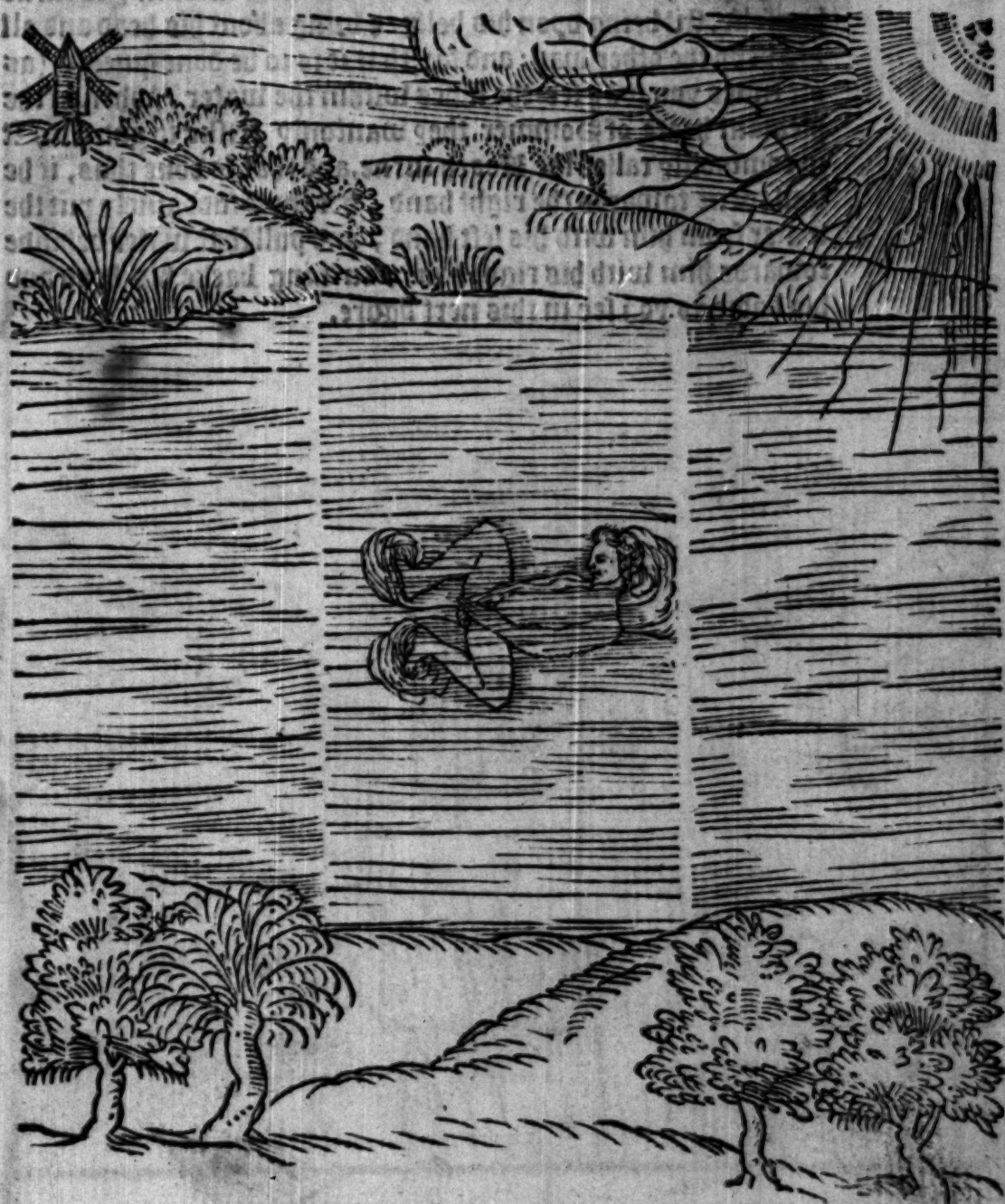


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And when he is thus layd vpon his back, he must lie very straight, not bending o; bowing with his bodie any way, saue onely his legs, which he must easily pull out and in, as when he was on his belly, to put him forwarts in the water, as thus.



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To turne in the water like a Roach,

There is an other kinde of turning when a man is swimming upon his belly, with his head one way, suddainly to turne himselfe, stil being upon his belly, & bring about his head and all his body the other way: and so: that it is to be done quickly (as oft times you may see the fishes within the water, when in the pleasant heate of Sommer they wantonly friske to and fro,) it is commonly called the Roach turne, and that is done thus, if he will turne towards the right hand, hee must suddainely put the water from him with his left hand, and pull that water behinde towards him with his right hand, turning backe his head and his bodie as you see in this next figure.



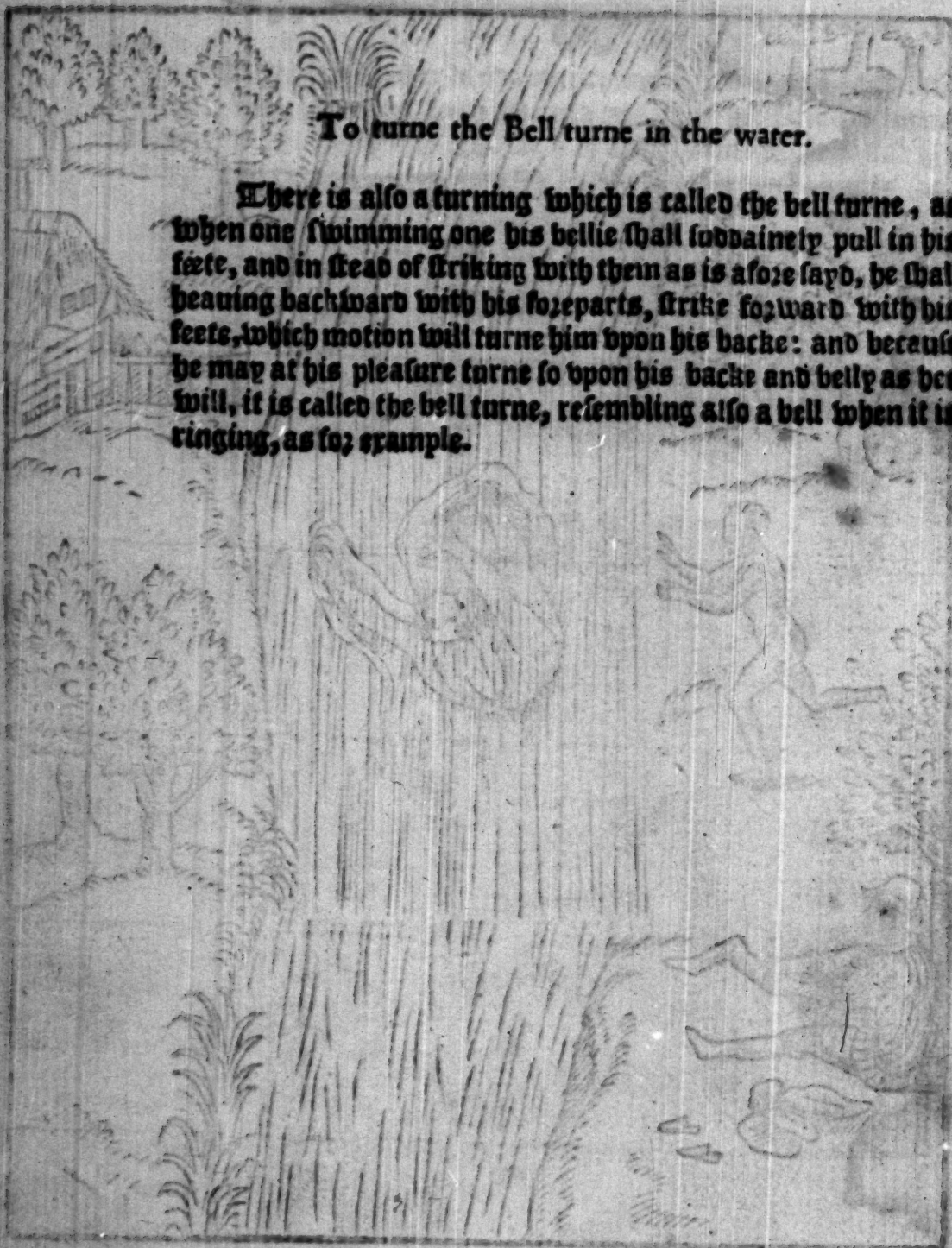
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To turne the Bell turne in the water.

There is also a turning which is called the bell turne, as when one swimming one his bellie shall suddainely pull in his feete, and in stead of striking with them as is afore sayd, he shall heaving backward with his foze parts, strike forward with his feete, which motion will turne him upon his backe: and because he may at his pleasure turne so upon his backe and belly as hee will, it is called the bell turne, resembling also a bell when it is ringing, as for example.



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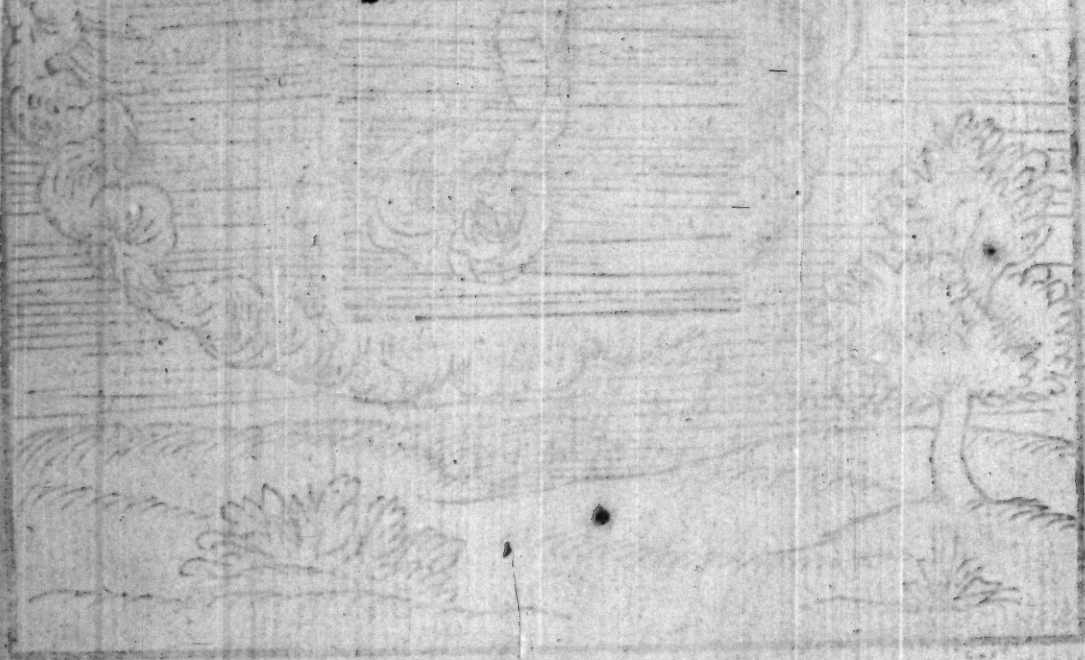
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To

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To tumble in the water.

There is also a kinde of tumbling in the water, as a man would roule and tumble in the grasse, and that is doone thus, swimming on his belly or backe, which way hee meaneth to roule himselfe, as towards the right hand or the left, hee must thrust that hand broad-waies downe into the water, with the palme downward, and hee must carry the other close beside him, as ready to be so upon the other side: and with the uppermost legge still as hee turneth, strike the superficies of the water, so that the motion with the hande helpeth to turne over the body, and the striking with the feet, keepeth better up the hindmost parts, which are most heaueie of themselves, as in this picture following.



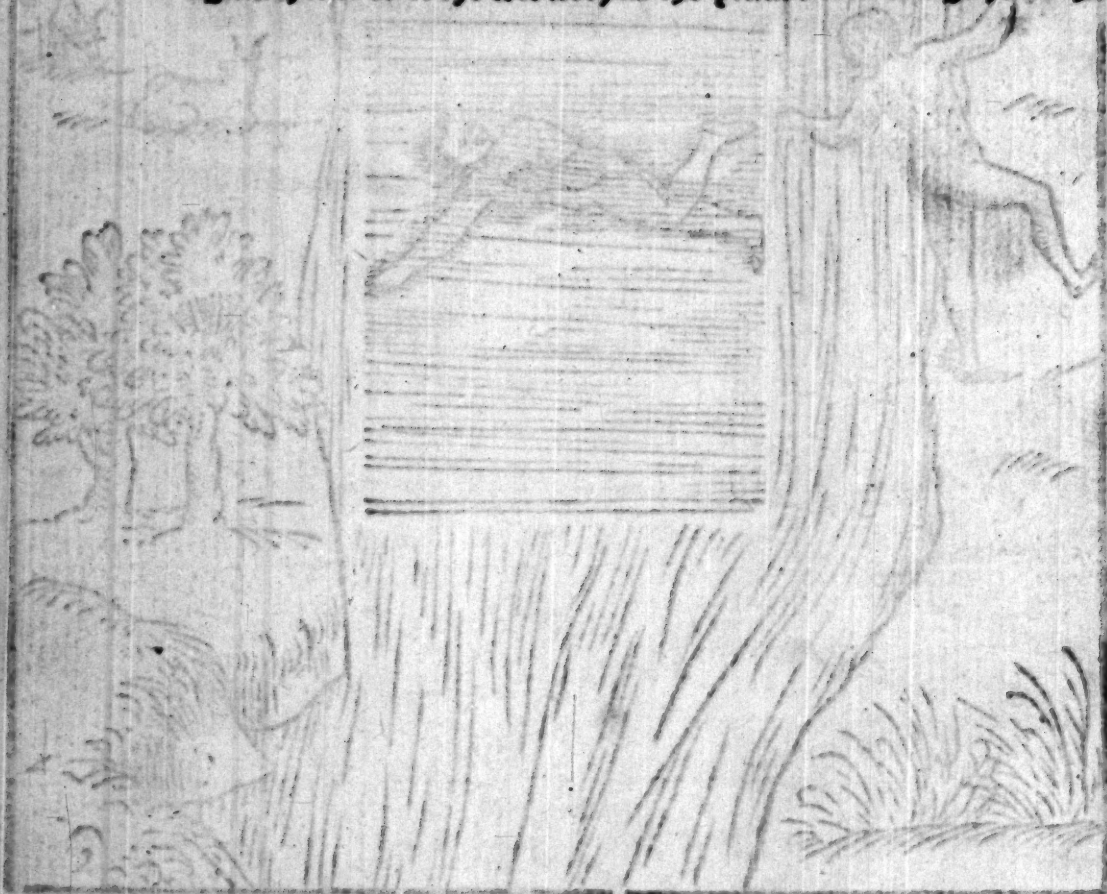
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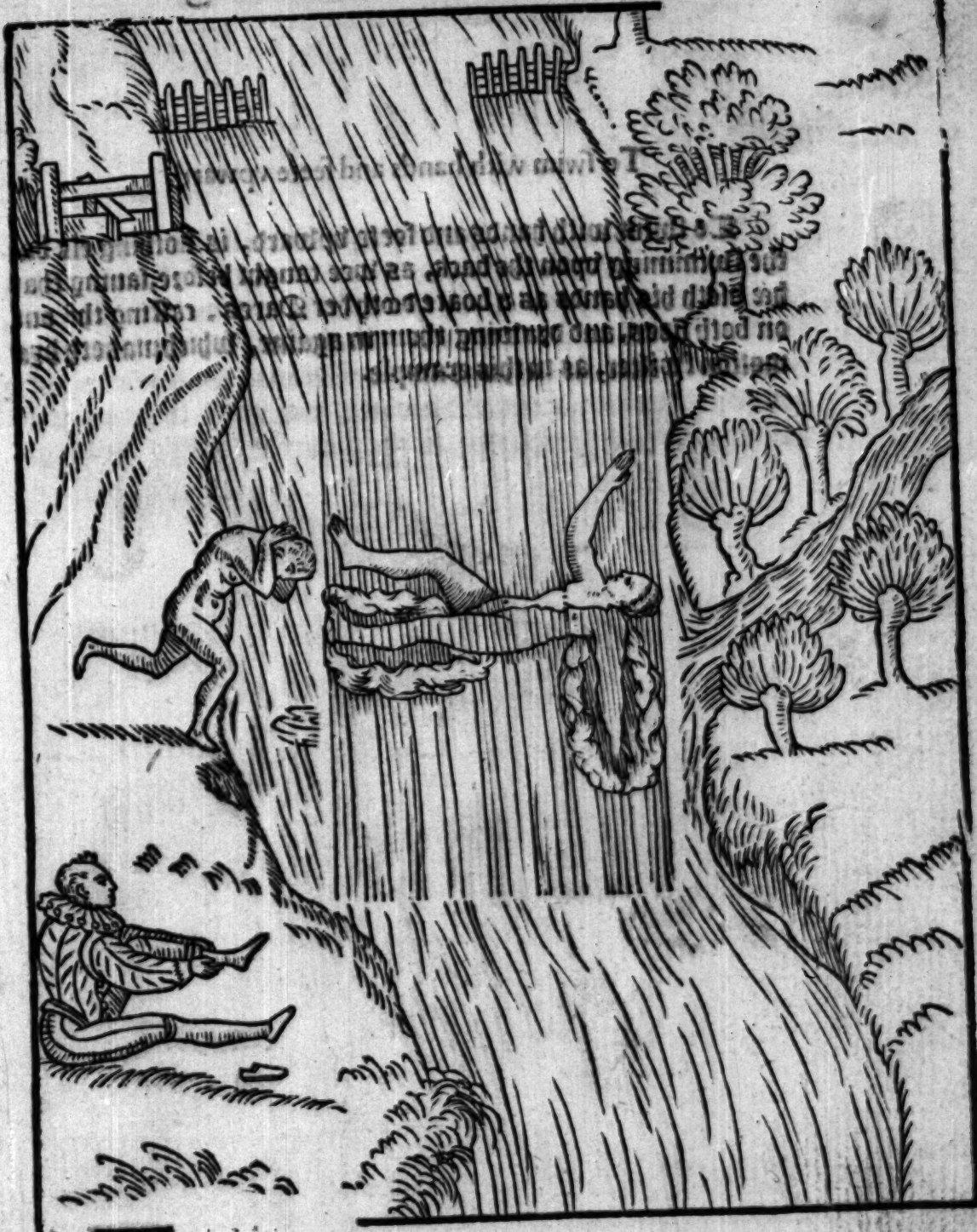
The Art of swimming.

To strike the superficies of the water.

To strike the superficies of the water with foure parts of the body at twice, is thus doone, by lying vpon your backe, and something declining your body towards the left side, which hand must bee in the water, labouring to and fro like the finne of a fische, to keepe him from sinking: and so may bee lift his right hand and right legge out of the water, and beate them downe againe, and so of the left side, as the picture following sheweth.



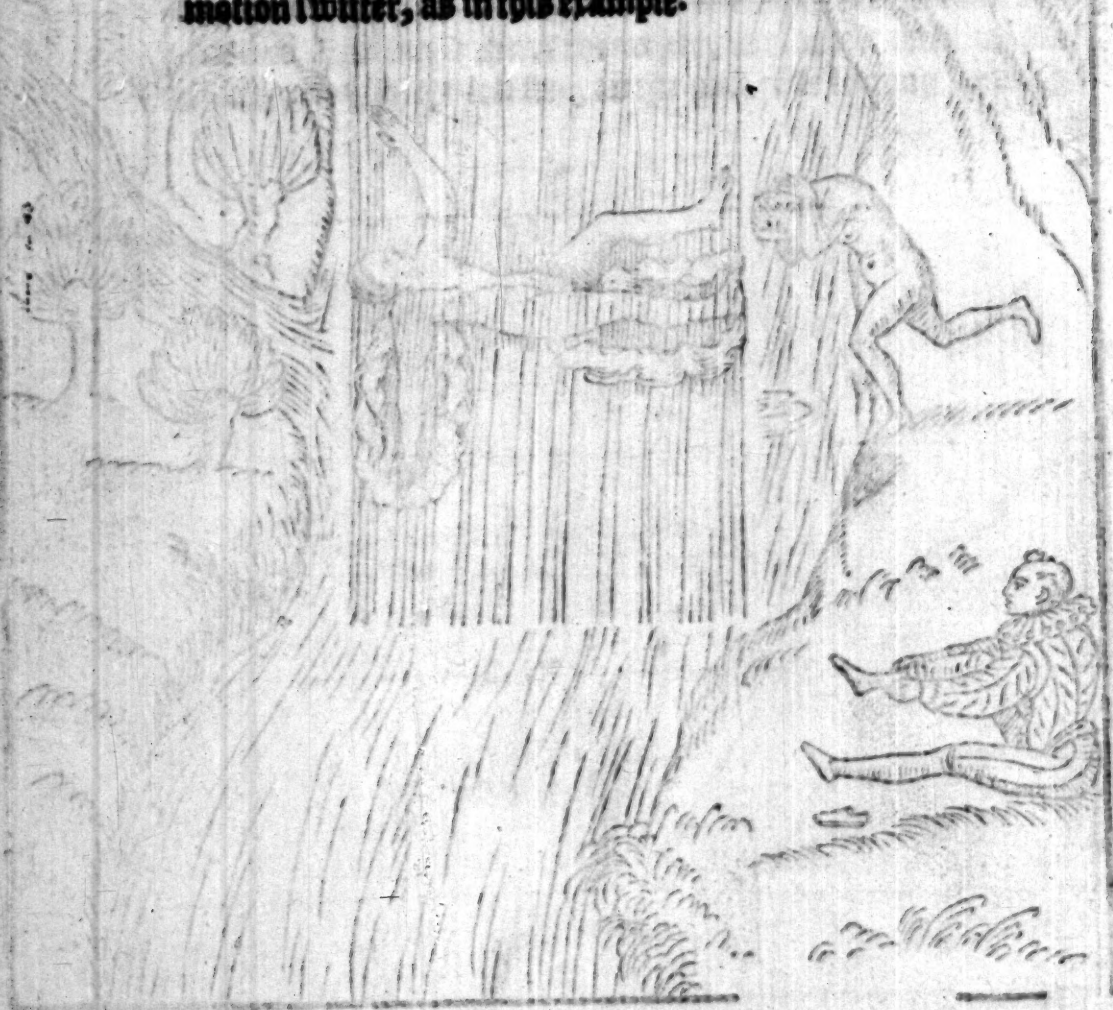
The Art of swimming.



The Art of swimming.

To swim with hands and feet vpward.

To swim with hands and feet vpward, is nothing els but the swimming vpon the back, as wee taught before, saving that he bleth his hands as a boate doth her Oares, casting the out on both sides, and drawing them in againe, which maketh his motion swifter, as in this example.



The Art of swimming.

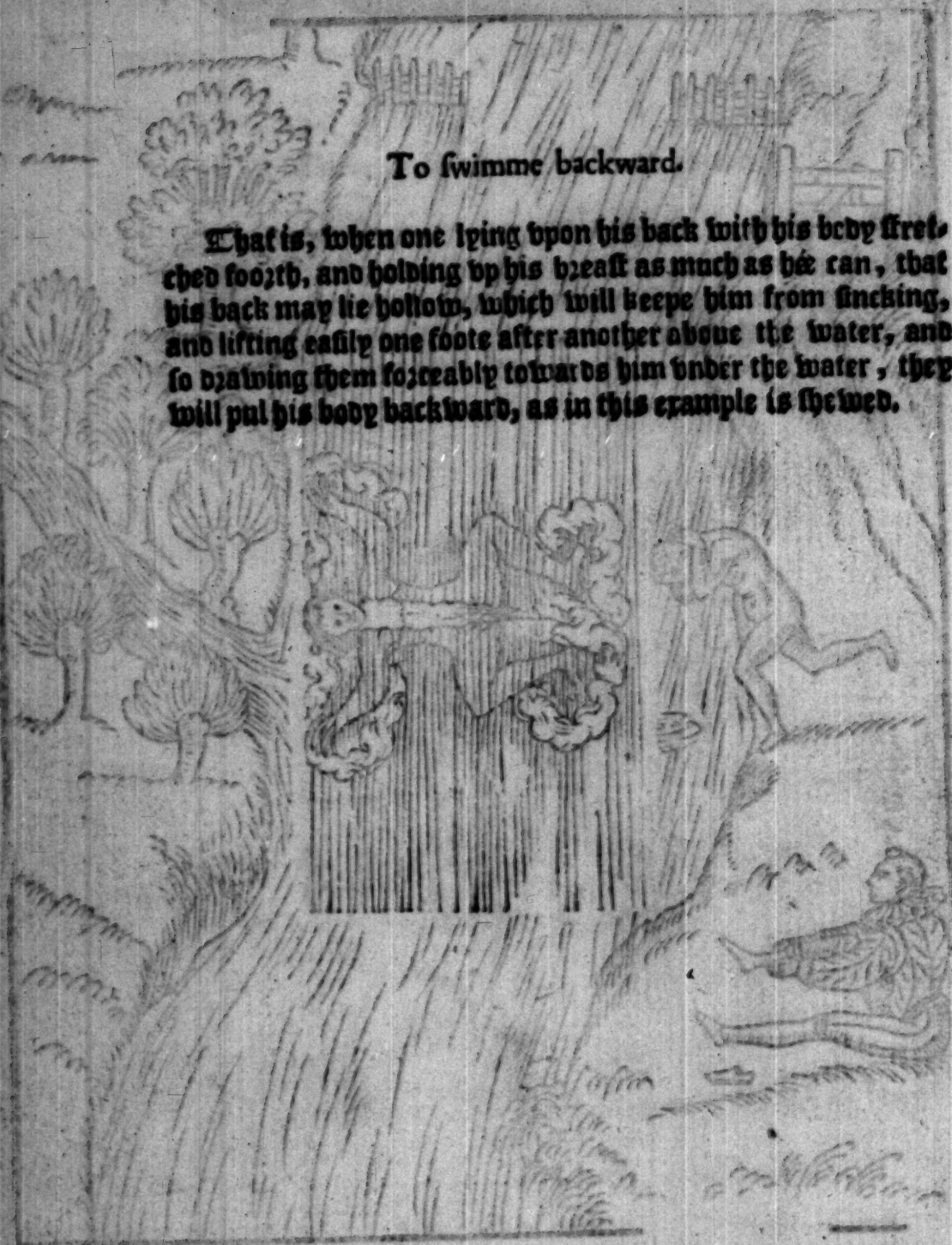


To

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To swimme backward.

That is, when one lying upon his back with his body stretched forth, and holding up his breast as much as hee can, that his back may lie hollow, which will keepe him from sinking, and lifting easily one foote after another above the water, and so drawing them forcibly towards him under the water, they will put his body backward, as in this example is shewed.



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C.

To

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To roule vpon ones backe.

This is done onely by lying straight vpon his backe, & pressing downe the water with his hands, so may he roule from side to side, like a ship in the Sea, as thus.



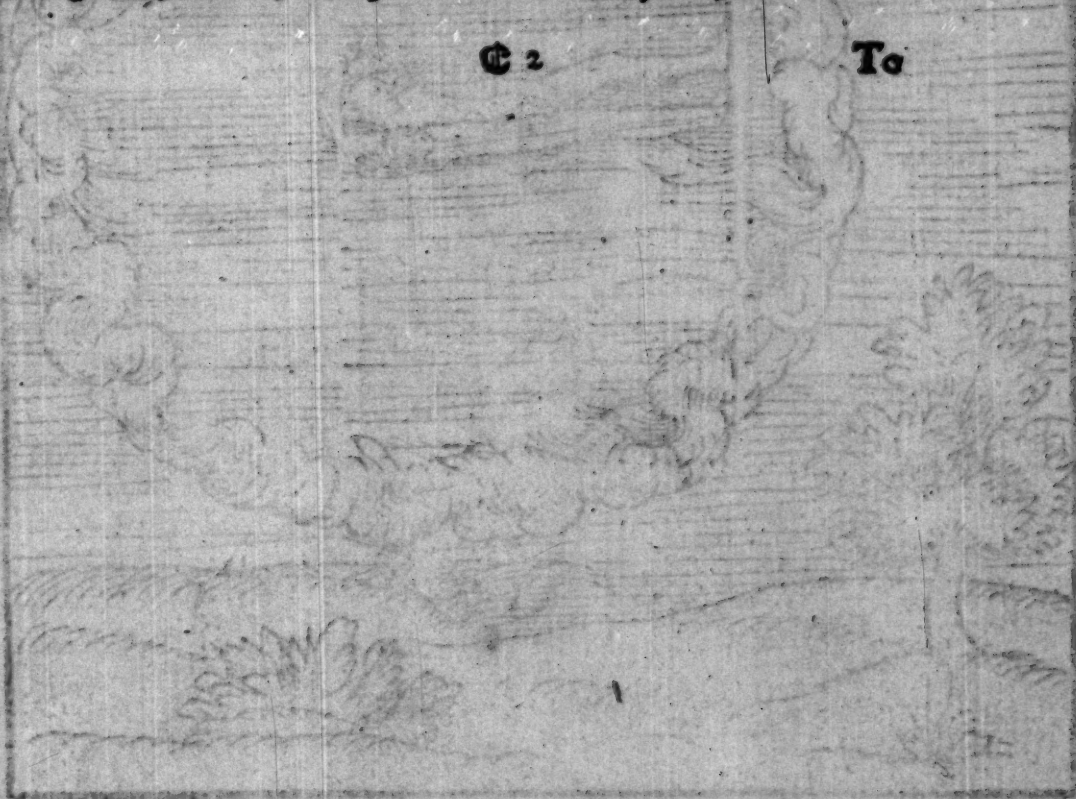
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To make a circle in the water with his feete.

This is done as we saide afoze, by lying straight vpon his backe, without bending any part of his body. & if he will turne from the right hand, then must he lie somewhat ouer vpon his left side, and first of all pull his right legge out of the water, and afterwards his left as fast as he can, and strike with them toward the left hand, one after another, and about one sorte, one befoze another, which will turne his bodie round, and make his head lye in the midst, like the center of a circle, as thus.

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To



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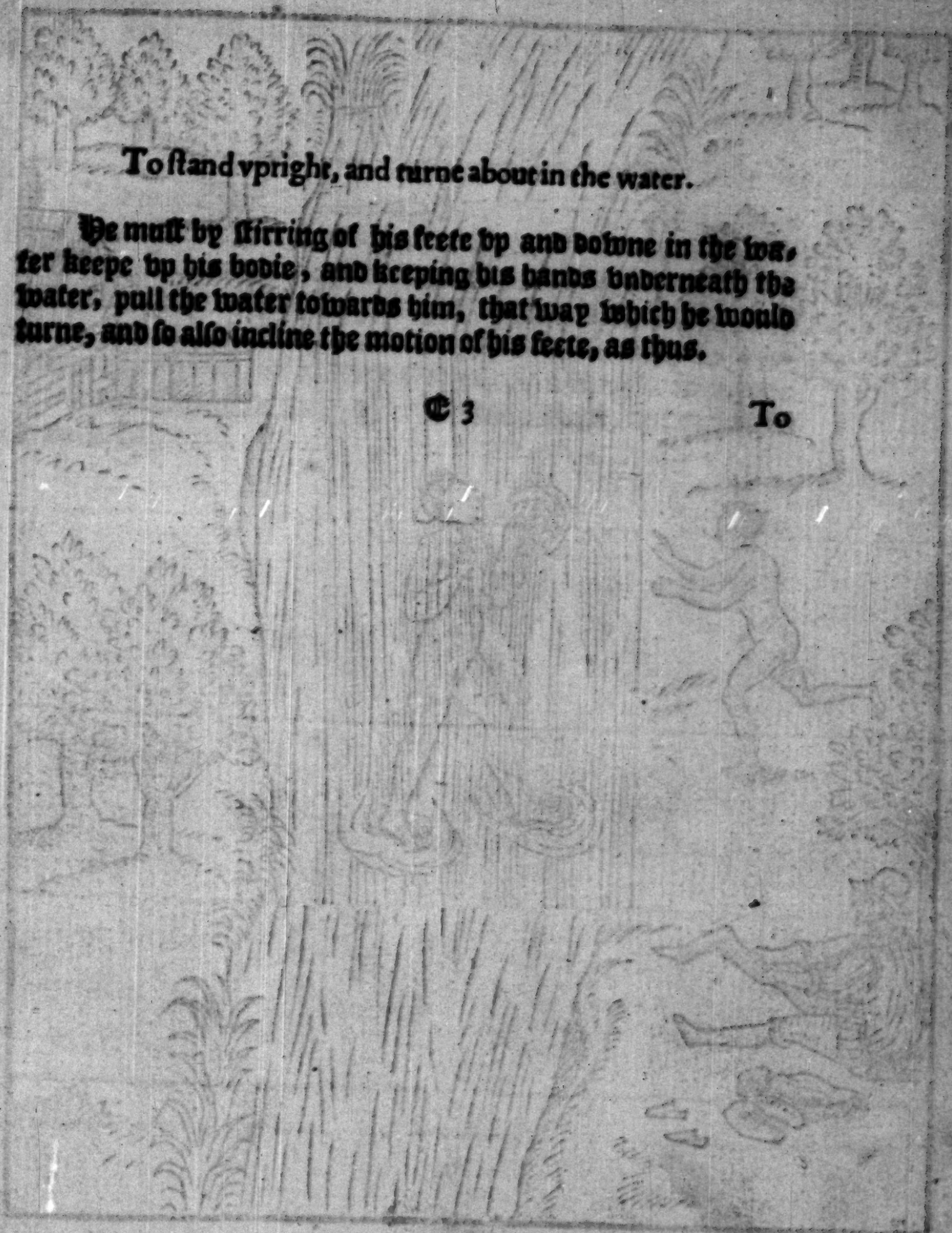
The Art of swimming.

To stand vpright, and turne about in the water.

He must by stirring of his feete vp and downe in the water, keepe vp his bodie, and keeping his hands vnderneath the water, pull the water towards him, that way which he would turne, and so also incline the motion of his feete, as thus.

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To swimme with his hands
together.

This must be done in all respects, as is saide afoze for the first kinde of swimming vpon the belly, saving the motion of the hands, which must be ioyned with their palmes together, the thumbs standing right vprward, which he must pull in to his brest, and thrust them forth againe, without parting of them, as for example.

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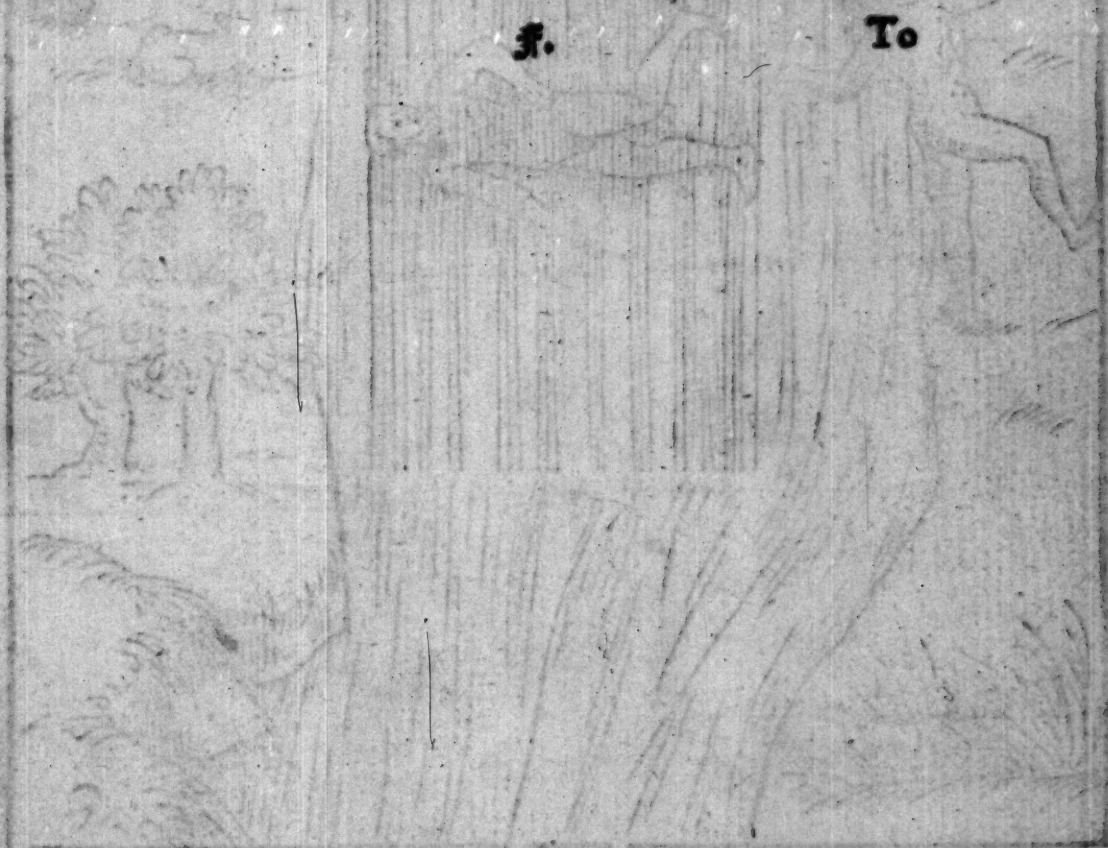
The Art of swimming.

To swimme vpon his side.

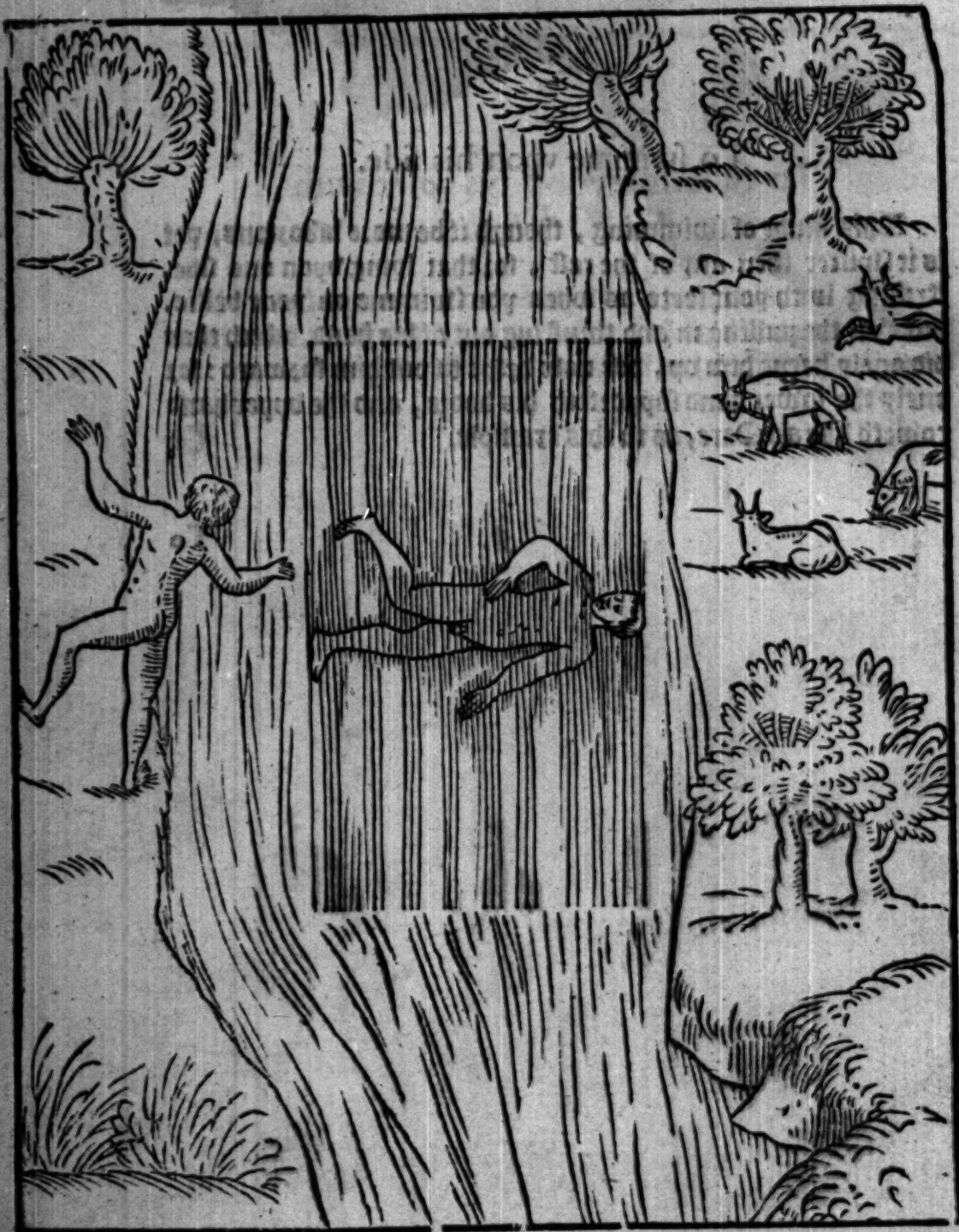
This kinde of swimming, though it be more laborious, yet is it swifter then any of the rest, for that lying vpon one side, striking with your teete as when you swimme on your bellie, but that the pulling in and thrusting out of his hand, which then did onely keepe him vp, doe now helpe to put him forward: for onely the lower hand supporteth his bodie, and the vpper hand roweth like an Oare, as in this example.

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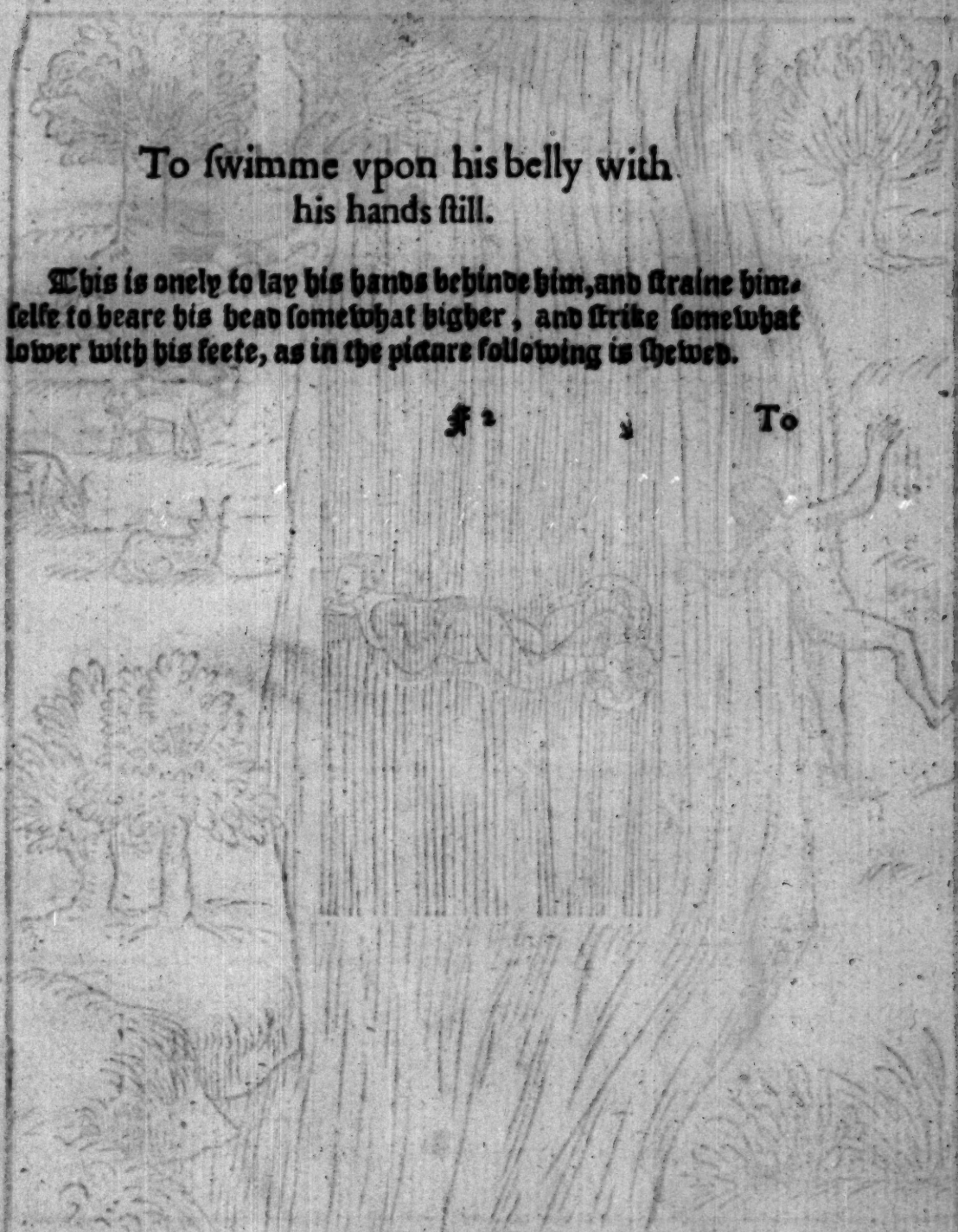
The Art of swimming.

To swimme vpon his belly with
his hands still.

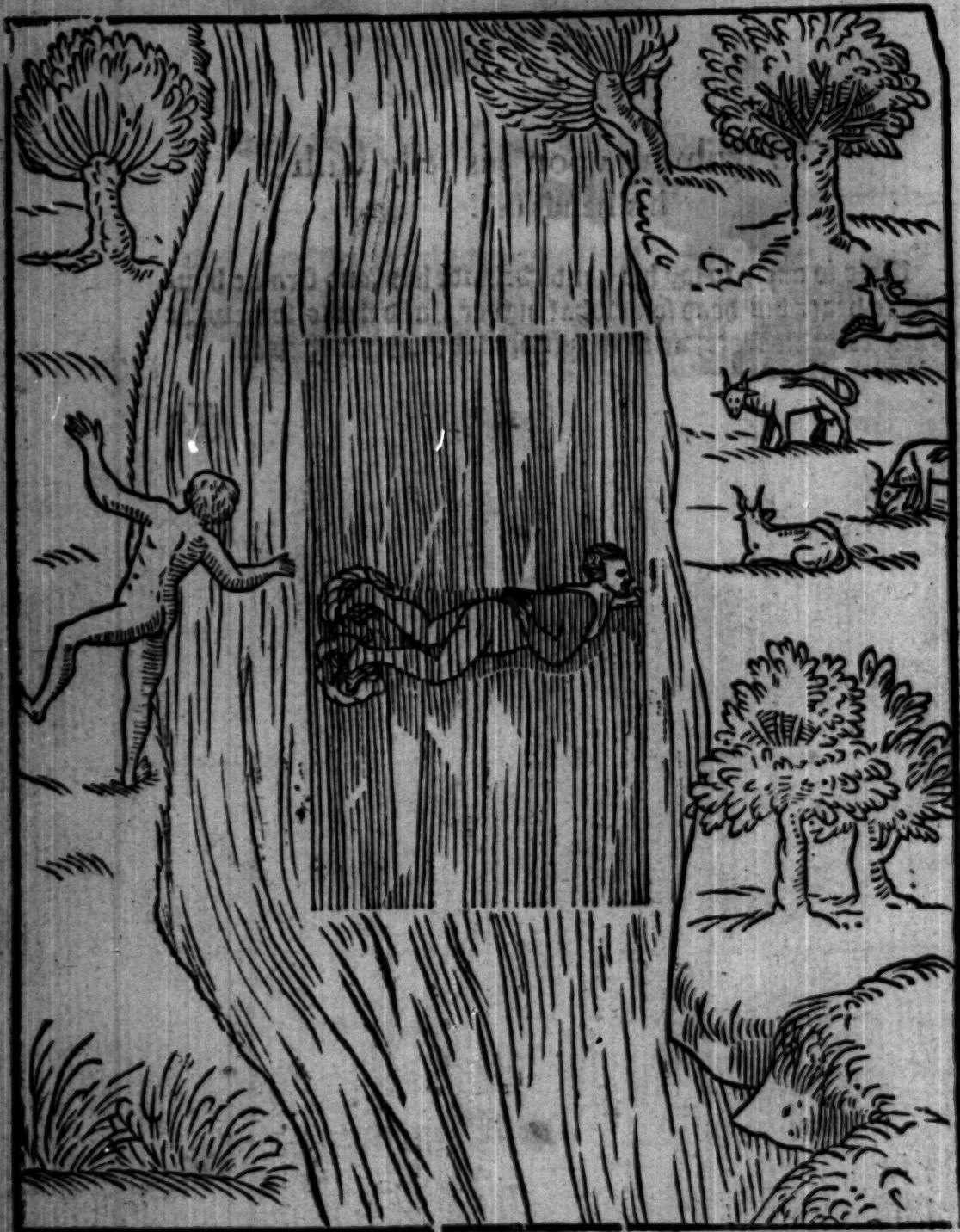
This is onely to lay his hands behinde him, and straine him-
selfe to beare his head somewhat higher, and strike somewhat
lower with his feete, as in the picture following is shewed.

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To



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To swimme with one hand, and one foote
vpon his belly.

He must take his right foote backwards in his left hand, and
strike with his right hand and left foote, which so; that one is
vpon the one side, and the other on the other, they will easilie
beare him vp, as thus.

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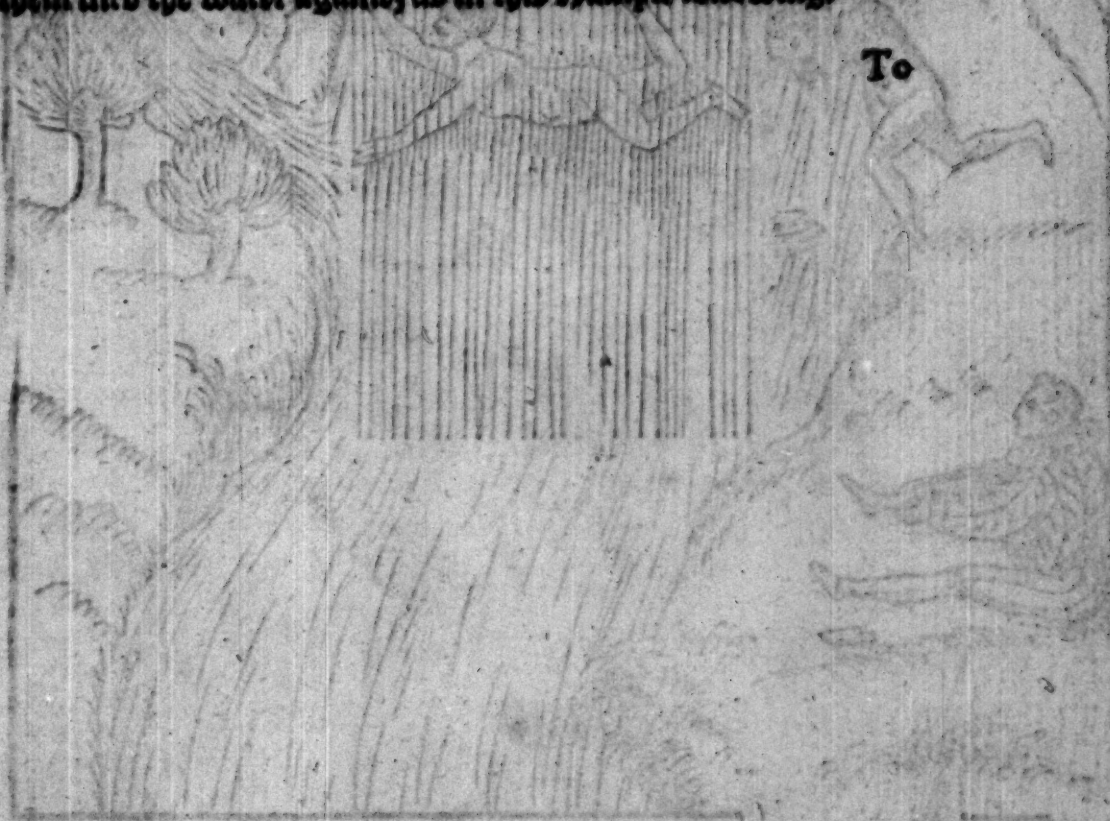
The Art of swimming. A d T

The vse of these two last kindes of swimming, is to ease his handes that is subiect to the Crampe, or any other infirmittie.

To swim like a dog.

Into this kinde of swimming many doe at the first fall, before they perfectly learne the right stroake, and there is this difference betwixt them, that whereas in the right kinde, he stretcheth out his handes & his feete, in this hee rudely beateth the water with his hands and feete: first lifting his right hand out of the water, and then his right foote, and forceably striking them into the water againe, as in this example following.

To



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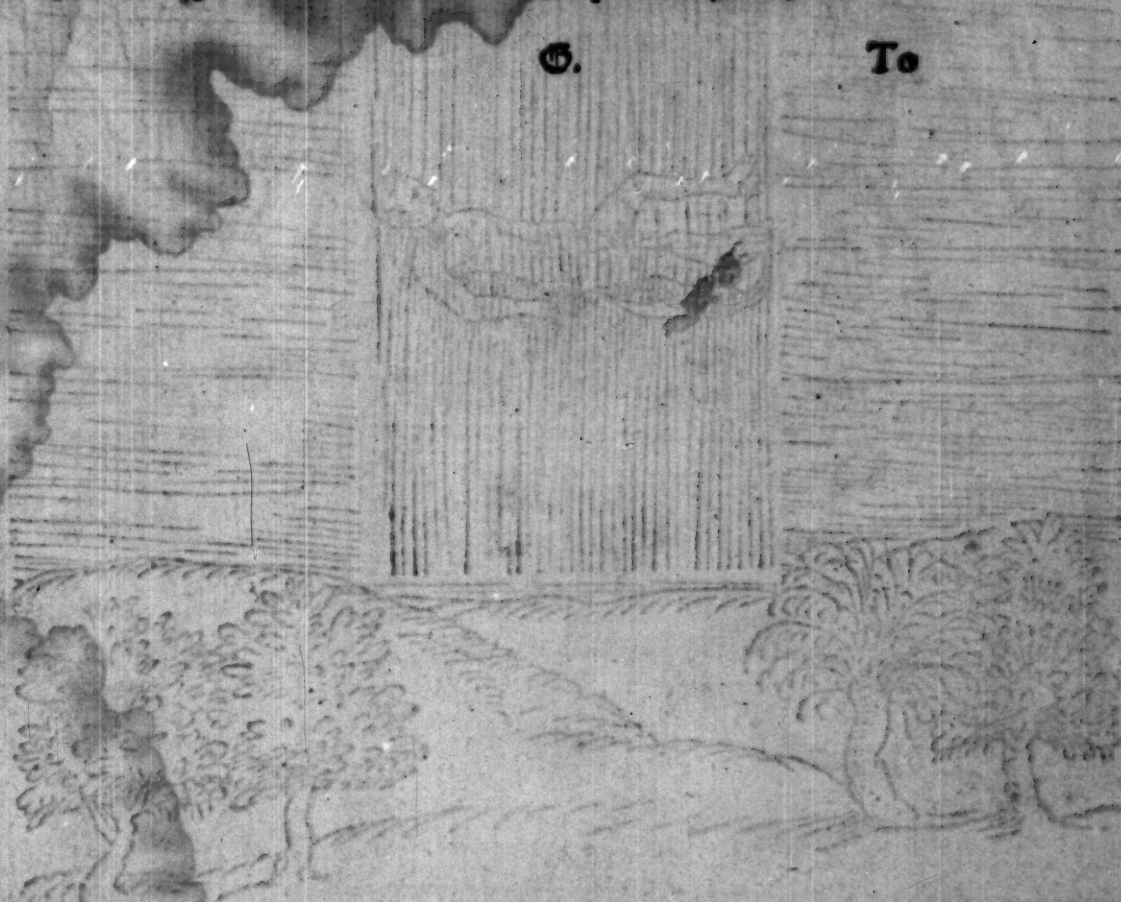
The Art of swimming.

To beate the water.

This is done swimming upon his backe, and lying straight out with his bodie, the palmes of his hands being downward, and mooving vp and downe in the water to keepe him vp: so may he lift out either one or other of his legges, and beate with it upon the superficies of the water at his pleasure, as thus.

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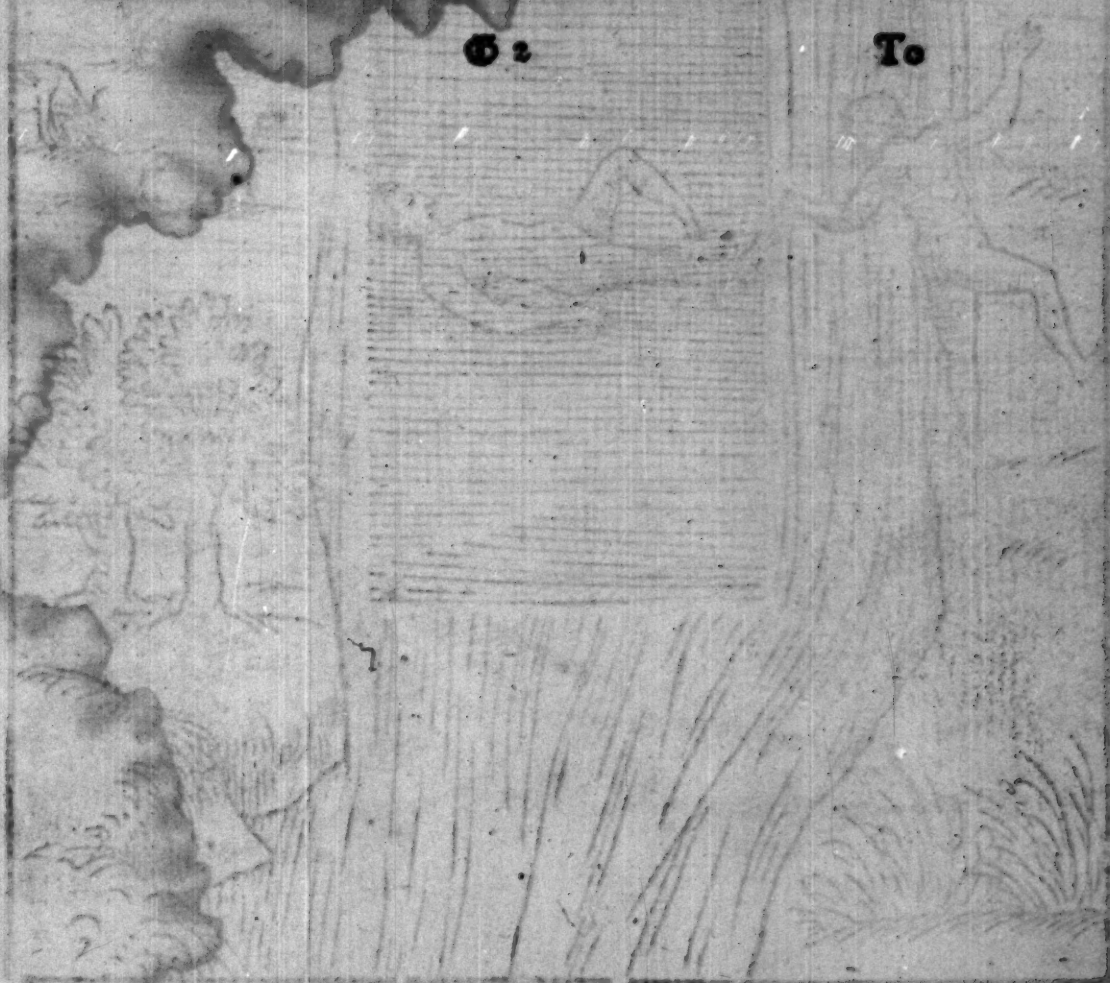
The Art of swimming. II

To play about the water with
one foote.

This is all one with the next precedent, saving that in stead
of striking his legge right downe into the water, hee must turne
ning it about three or foure times, onely but touch the very su-
pericies of the water with his toe, as in this example.

62

To



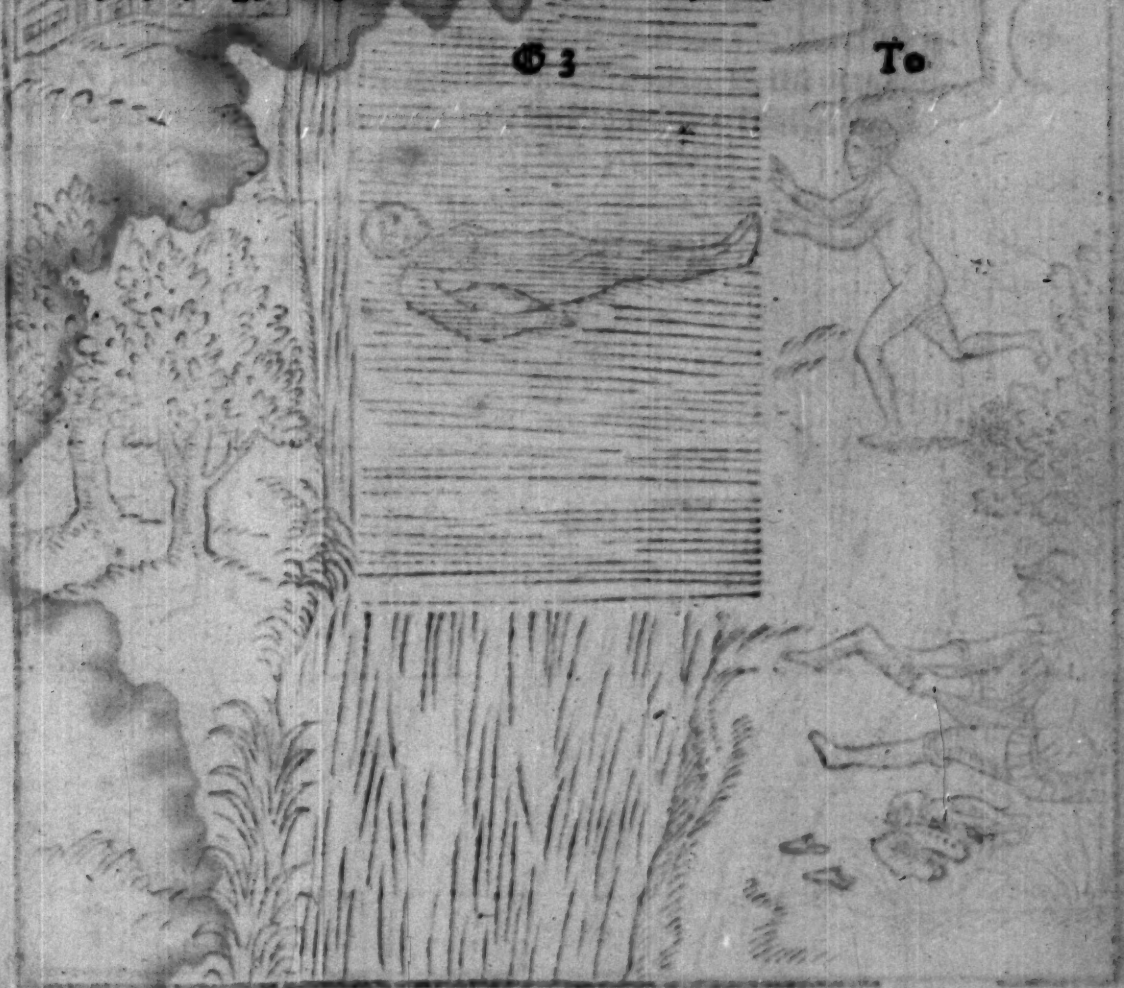
The Art of swimming.



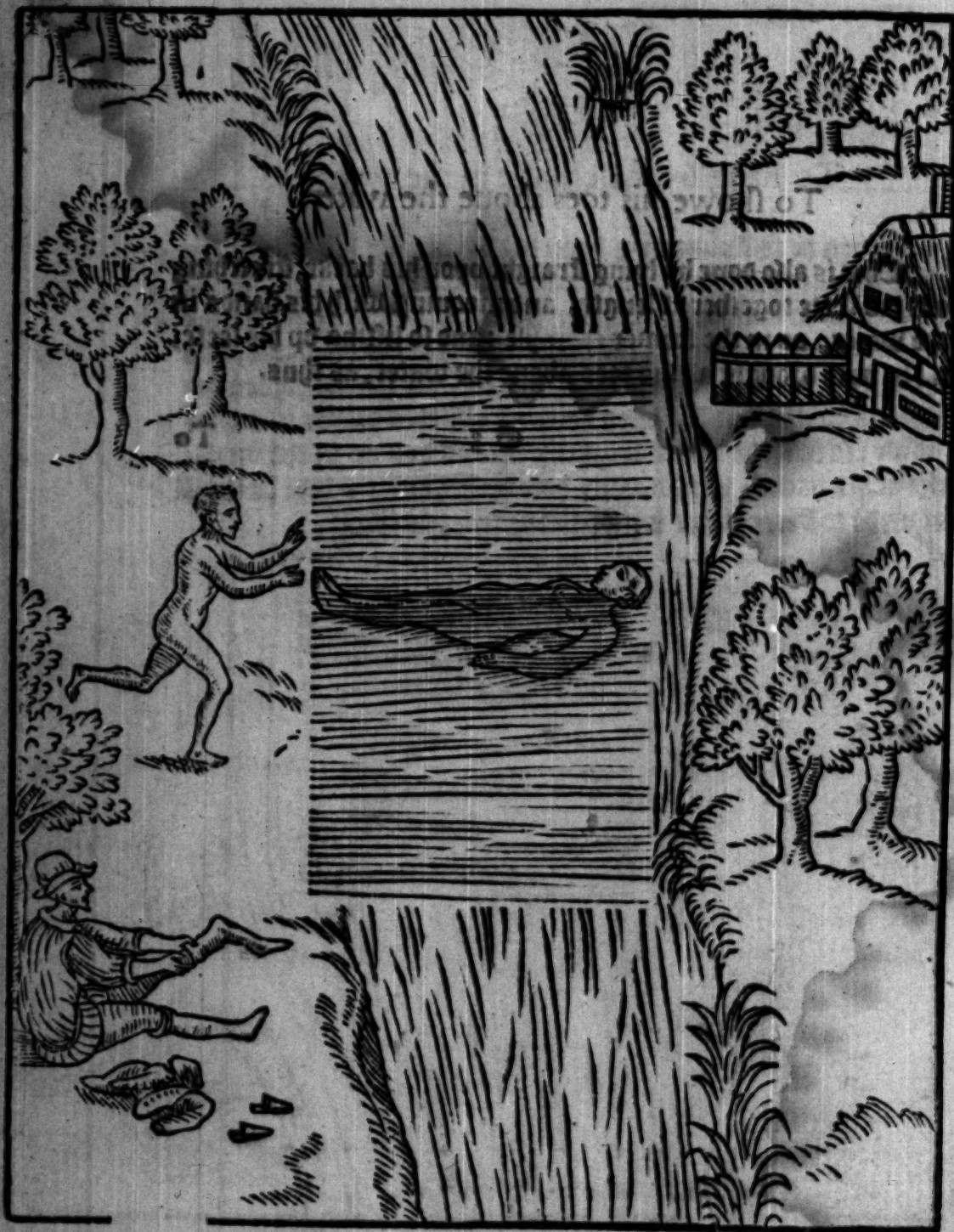
The Art of swimming.

To shoue his toes aboue the water.

This is also done by lying straight vpon his backe, stretching out his feete together at length, and moving with his hands in the water; as in the former example: and so lifting vp his feete, till he hath brought all his toes aboue the water, as thus.



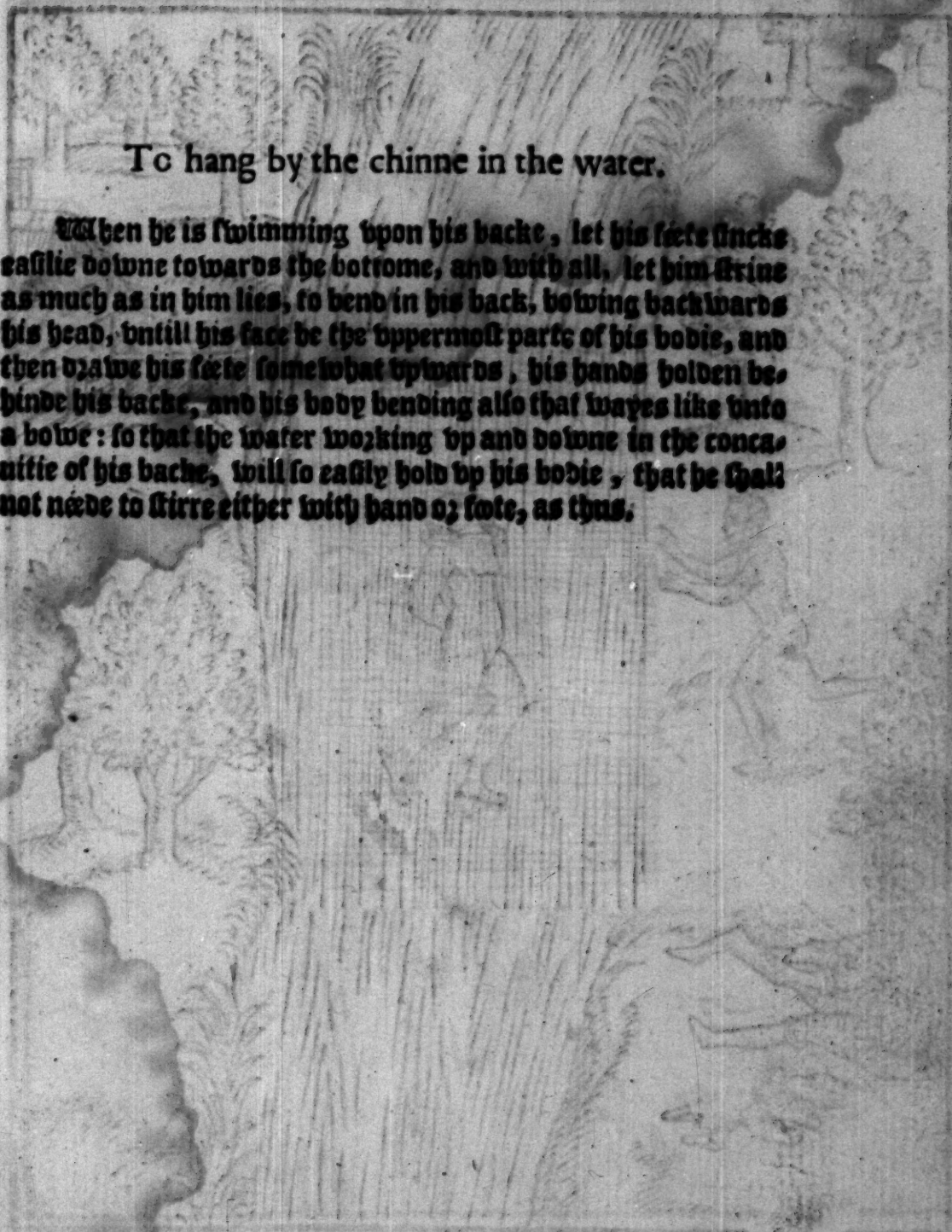
The Art of swimming.



The Art of swimming.

To hang by the chinne in the water.

When he is swimming upon his backe, let his feete lincke easilie downe towards the bottome, and with all, let him strine as much as in him lies, to bend in his back, bowing backwards his head, untill his face be the uppermost parte of his bodie, and then drawe his feete somewhat upwards, his hands holden behind his backe, and his body bending also that wayes like unto a bowe: so that the water working vp and downe in the concavittie of his backe, will so easly hold vp his bodie, that he shall not neede to stirre either with hand or foote, as thus,



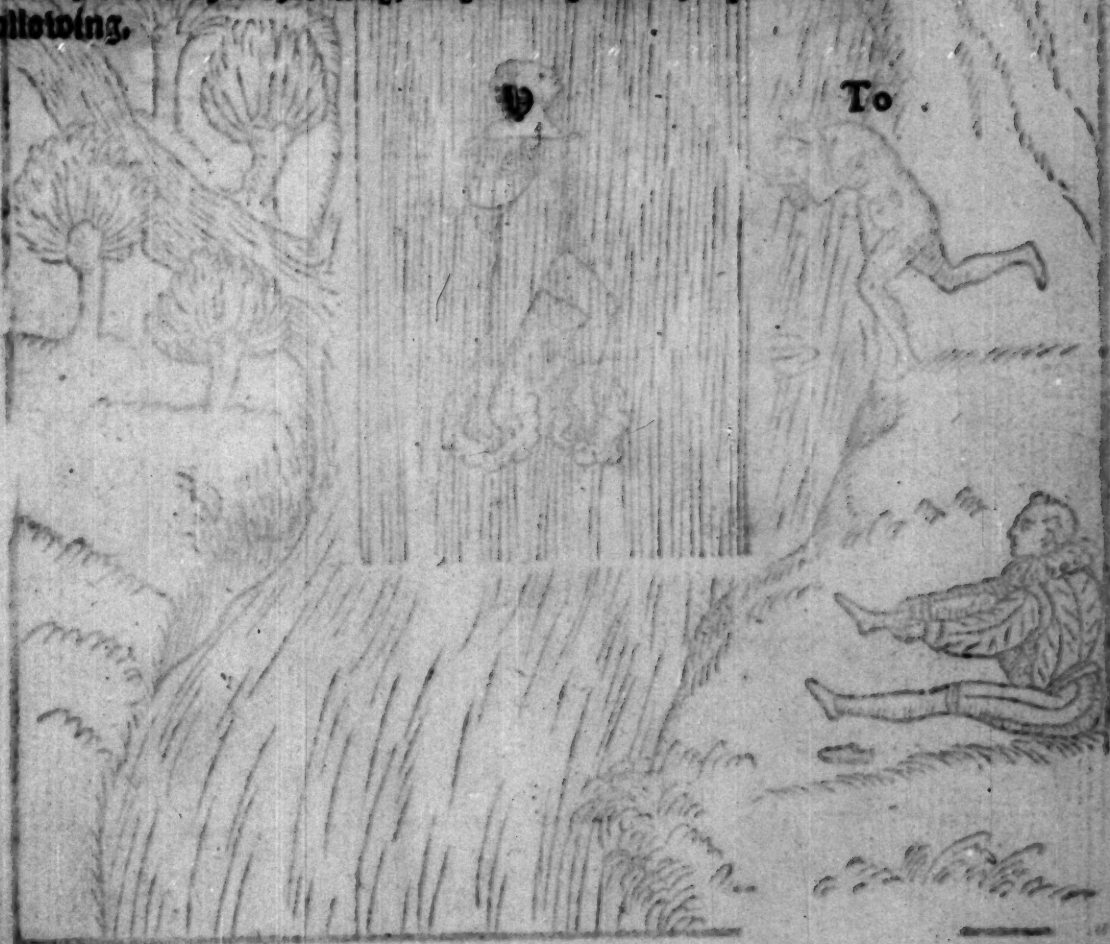
The Art of swimming.



The Art of swimming. cdT

To tread the water.

This is onely standing bolt vp, as it were in the water, and pulling vp your feet, and thrusting them downe againe, after the same maner as he doth swimming vpo his belly, which haue the same force to keepe him that way, which they haue to thrust him forwards the other way, as you may see in this picture next following.



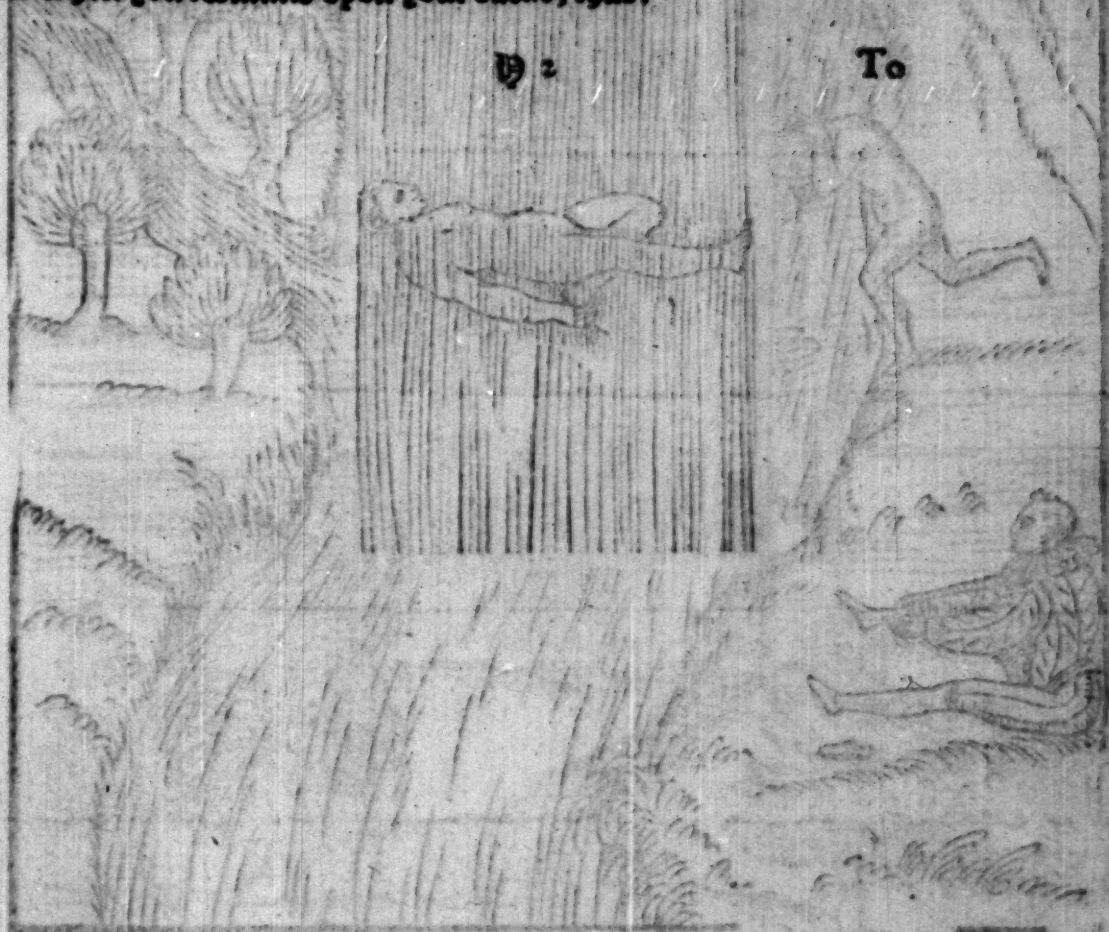
The Art of swimming. 41



The Art of swimming. 217

To swimme with one hand and one foote
vpon his backe.

This is the same vpon the backe, which the other was vpon the belly, to lye vpon your backe, and behinde you take your left legge in your right hand, and so ceasably moue your other leg, as when you swimme vpon your backe, thus.



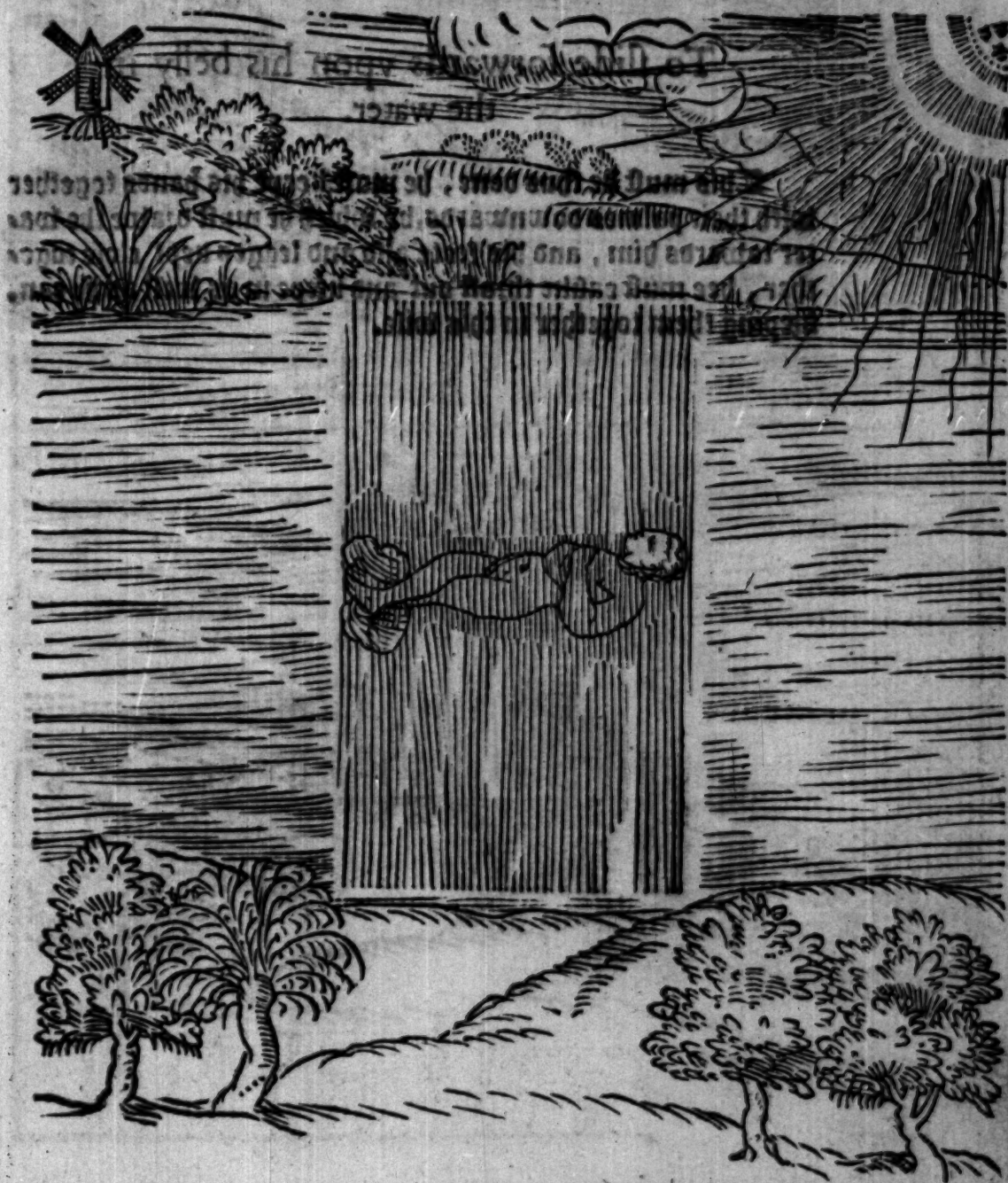
The Art of swimming. Part I



The Art of swimming.

To swim with his hands and feet bound.

This kinde of swimming is easiliest done, by lying very straight vpon his back, drawing in his legs, and thrusting them forth againe, after this maner.



The Art of swimming.

hauod eieed bue ehnad eid diuimied oT
aid noqd iijgharfi gred gniel qd ,enod eieelliaa ei gniemiuil io eonit eiee
romam eidi ielle ,euniga eieel modt gnielue ei ons ,eiel eie ei gnielue eieed

To slide forwards vpon his belly in
the water.

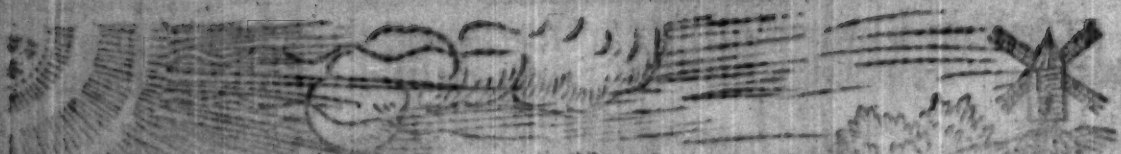
This must be thus done, he must keepe his hands together
with their palmes downwards, by which he must drawe the wa-
ter towards him, and his feete also and legges kept close toge-
ther, hee must easilie thrust out and keepe in as well as he can,
keeping them together in this wise.



The Art of swimming.



The Art of swimming.



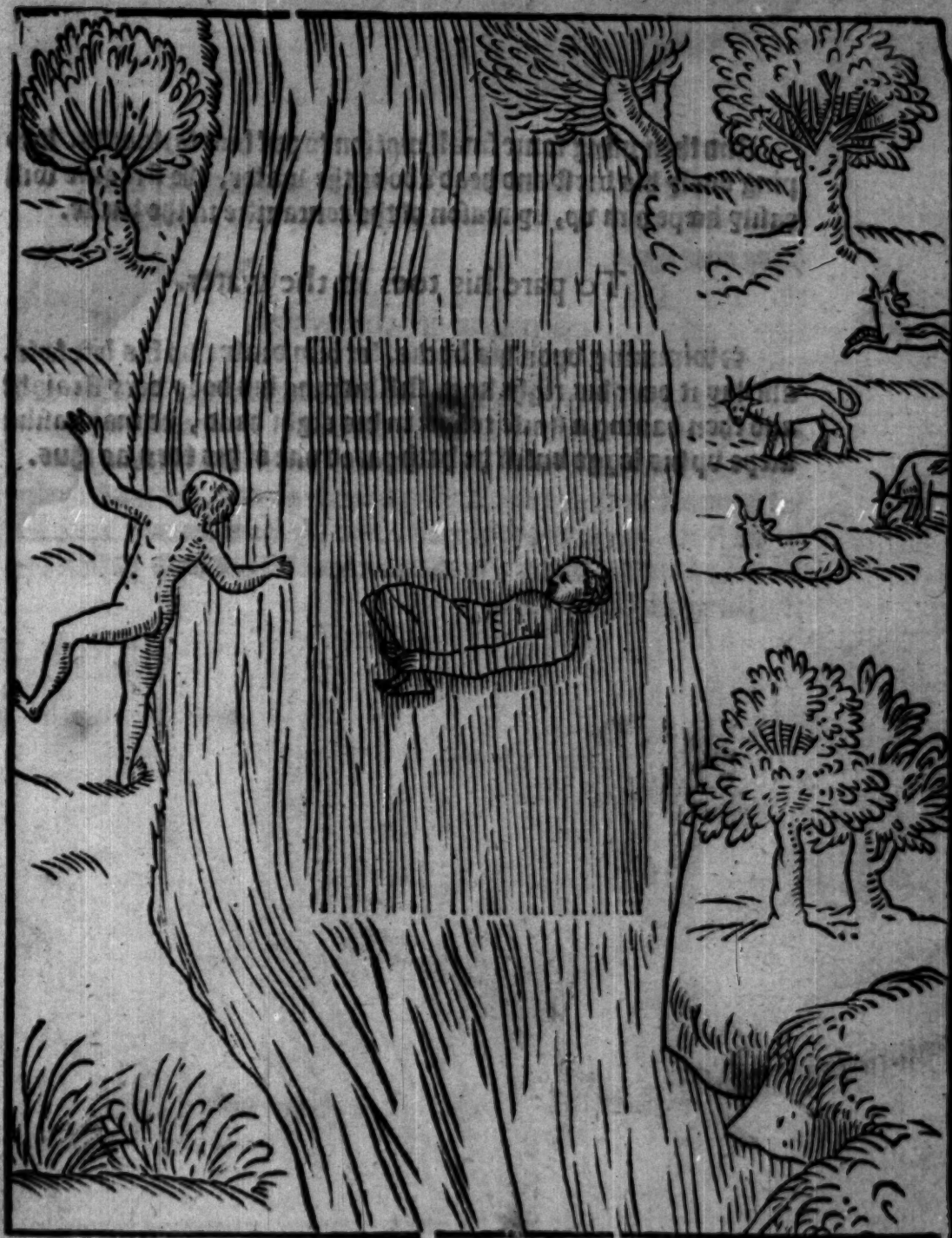
This is best to be used in those Rivers where are many high
weeds, for that swimming upon his belly thus, he shall safelier
glide over them.

To sitte in the water.

He that will exercise this kinde of swimming, must be such
a one as is not troubled with the Crampe, for that the forceable
bending backward with his body, is otherwise very dangerous,
which must be thus done. Lying upon his backe, he must drawe
in his feete towards his hippes, and use some motion with his
hands under the water, to sustaine him till hee hath gotten his
legges in his hands, thus.



The Art of swimming.

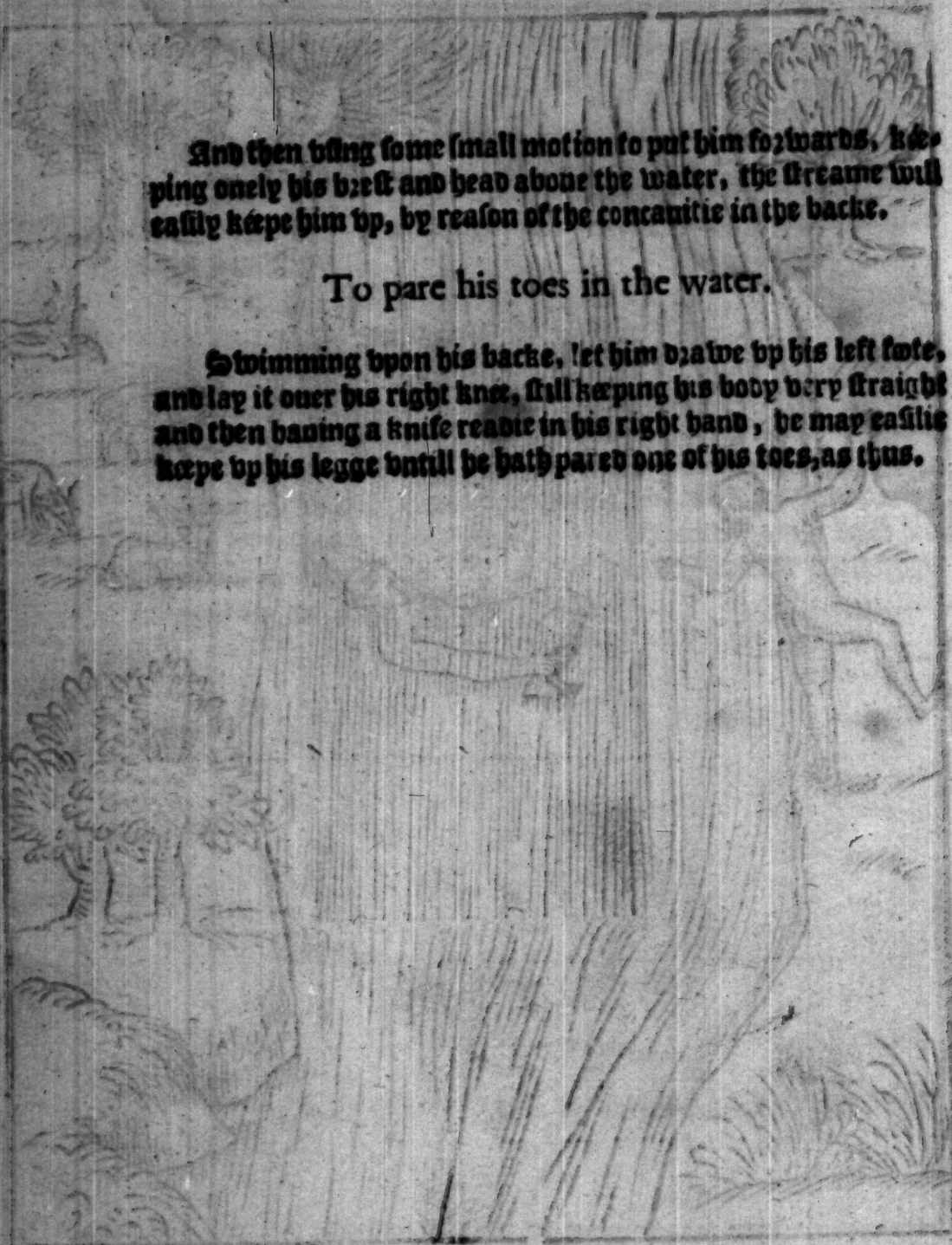


The Art of swimming.

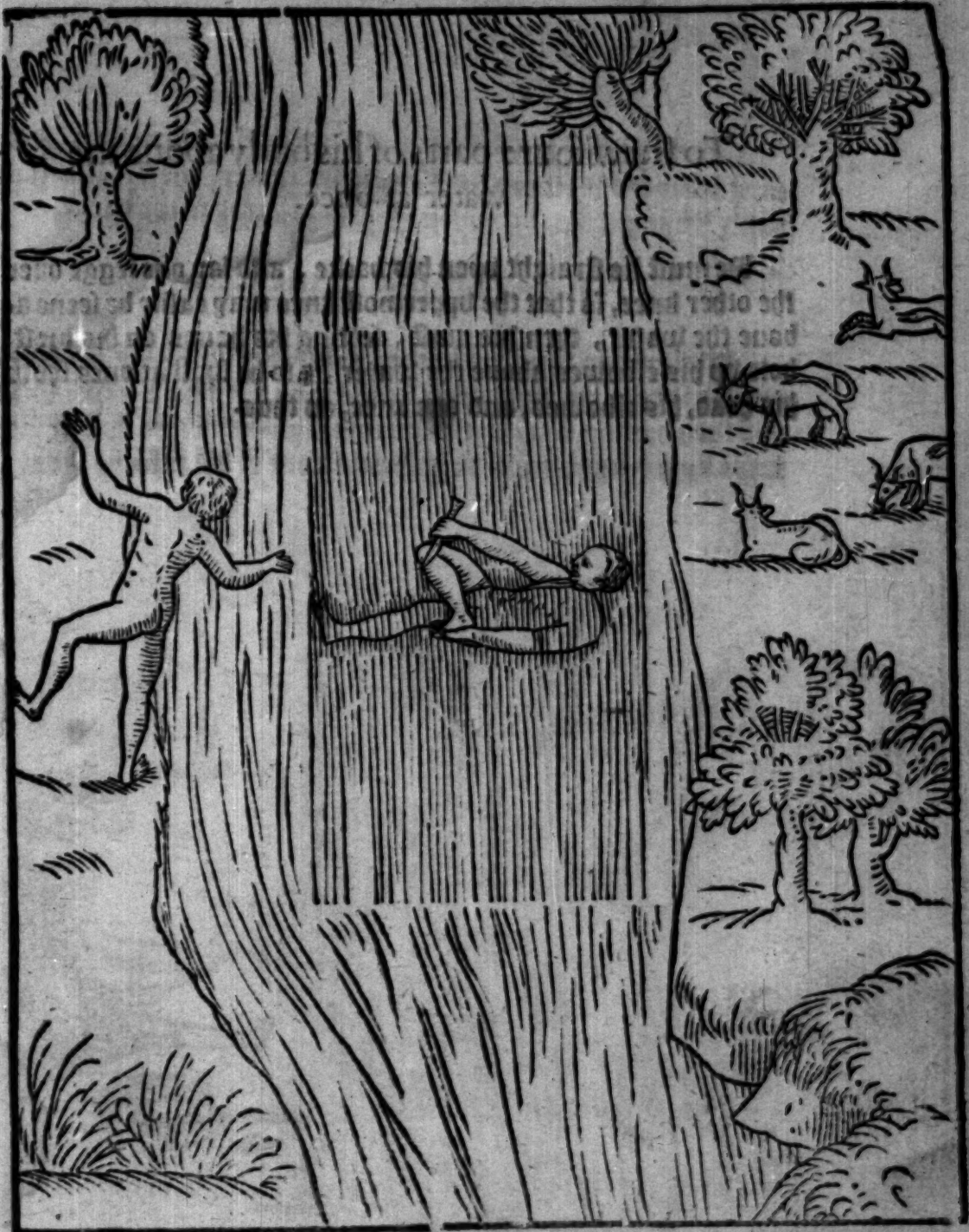
And then using some small motion to put him forwards, keeping onely his brest and head above the water, the streame will easily keepe him vp, by reason of the concanitie in the backe.

To pare his toes in the water.

Swimming vpon his backe, let him drawe vp his left foote, and lay it ouer his right knee, still keeping his body very straight and then hauing a knife readie in his right hand, he may easilie keepe vp his legge vntill he hath pared one of his toes, as thus.



The Art of swimming.



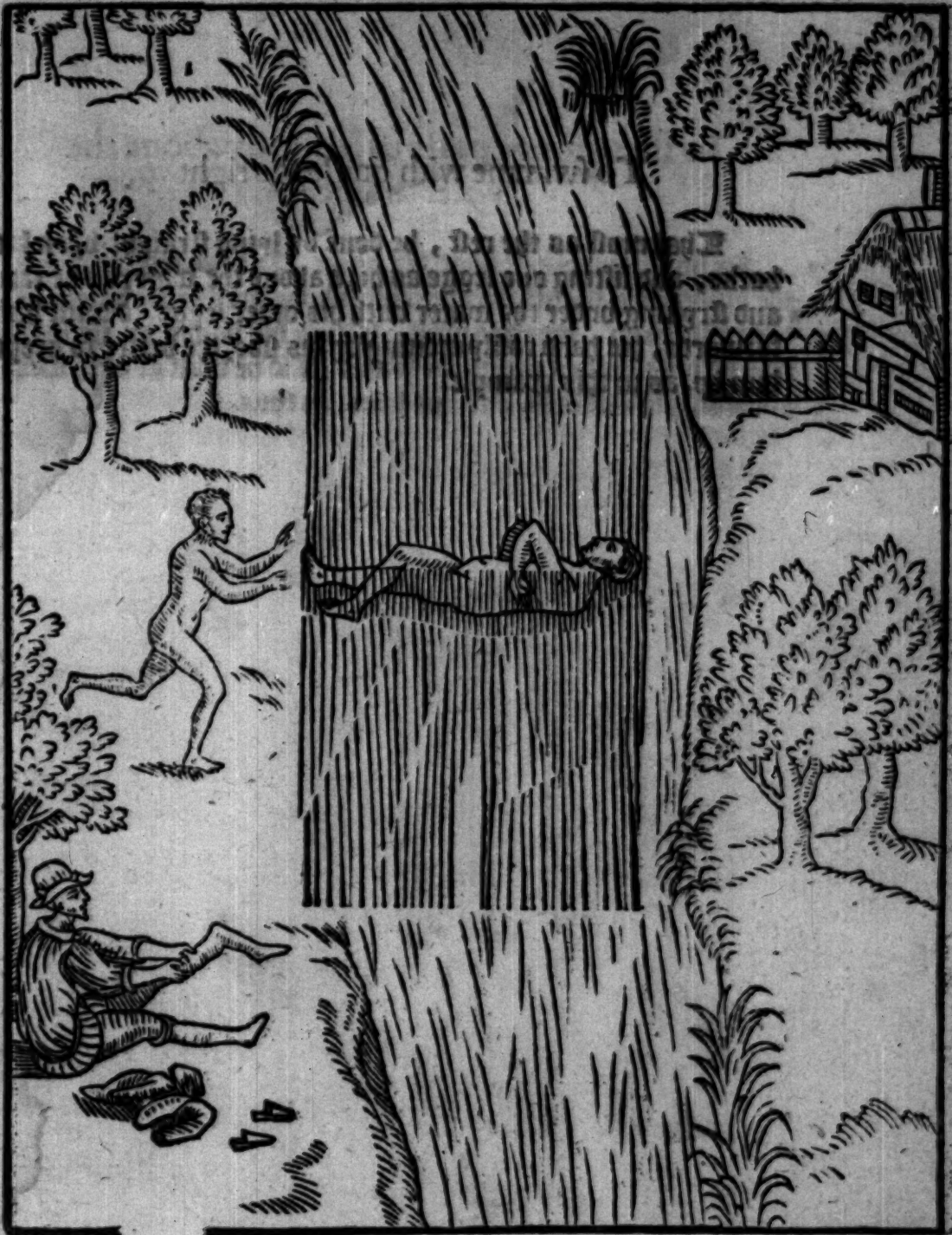
The Art of swimming.

To shew foure parts of his body about the
water at once.

He must lie straight vpon his backe, and lay one legge ouer
the other knee, so that the vppermost knee may easily be seene a
boue the water, then hee must, setting his hands on his brest,
hold vp his elbowes aboue the water, & so he shall at once shew
his head, his elbowes, and one knee, as thus.



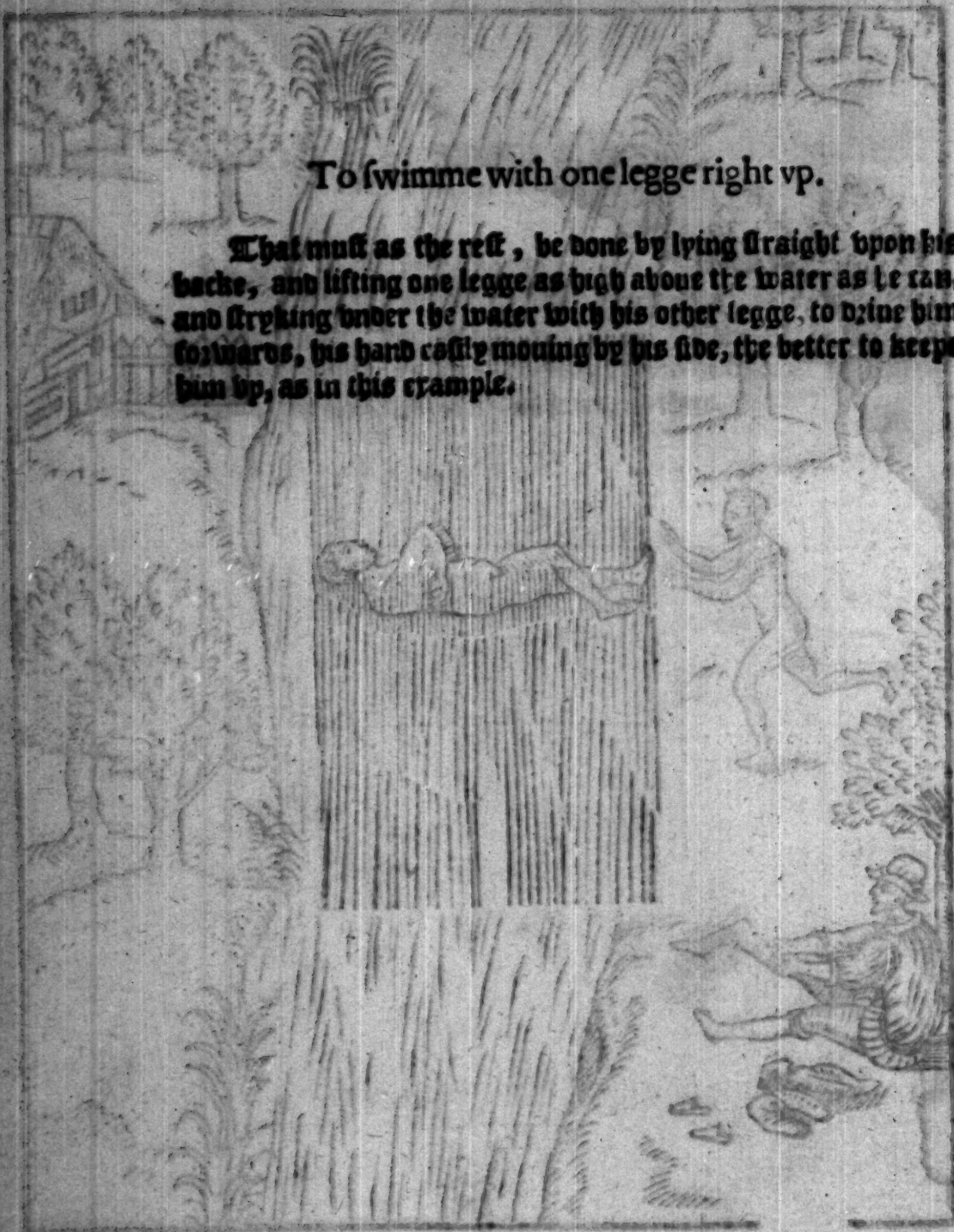
The Art of Swimming.



The Art of swimming.

To swimme with one legge right vp.

That must as the rest, be done by lying straight vpon his backe, and lifting one legge as high above the water as he can, and stryking vnder the water with his other legge, to dyne him forwards, his hand casily mouing by his side, the better to keepe him vp, as in this example.



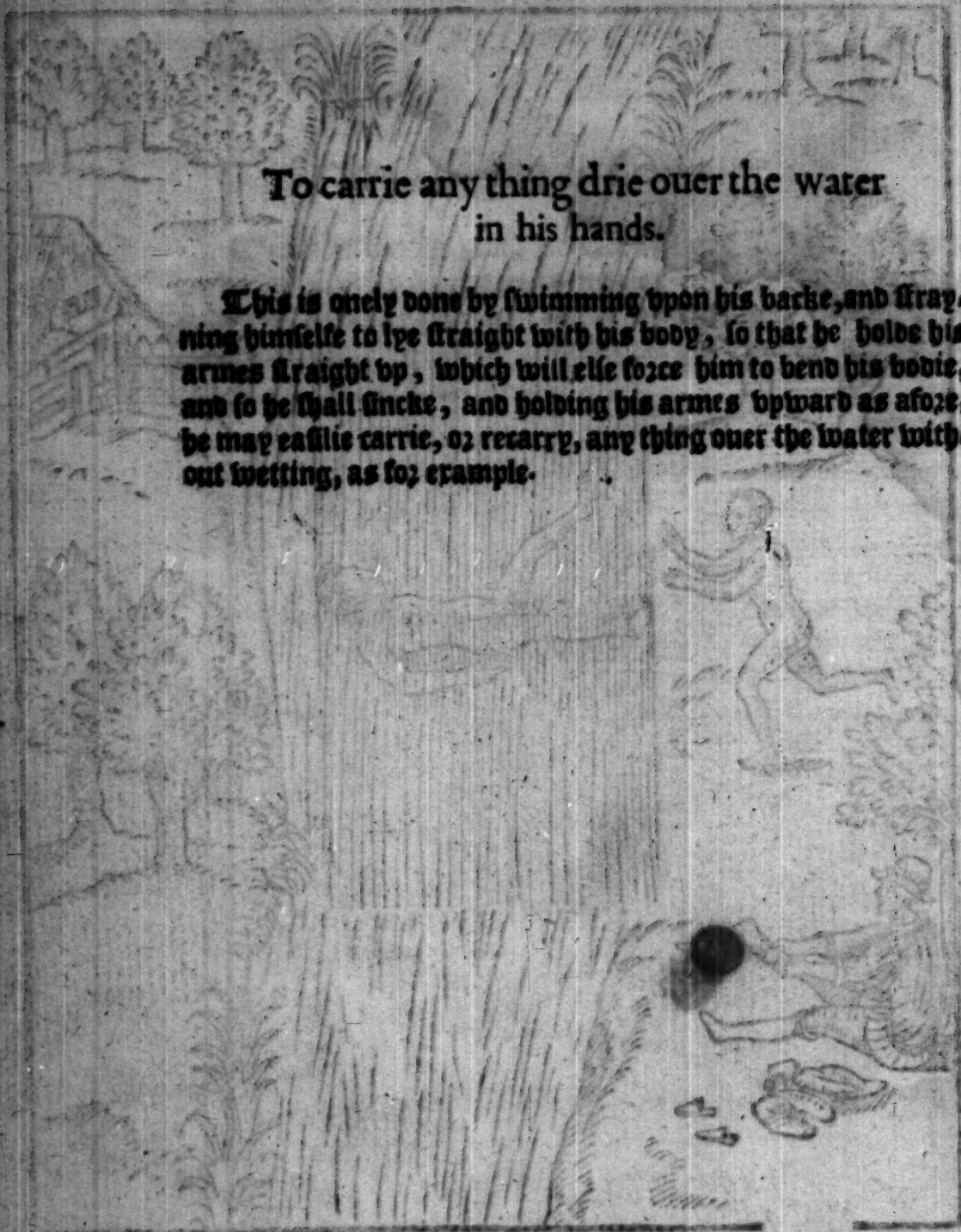
and The Art of Swimming.



The Art of swimming.

To carrie any thing drie over the water
in his hands.

This is onely done by swimming vpon his backe, and straying himselfe to lye straight with his body, so that he holde his armes straight vp, which will else force him to bend his bodie, and so he shall sincke, and holding his armes upward as afoze, he may easilie carrie, or recarry, any thing over the water without wetting, as for example.



The Art of Swimming.



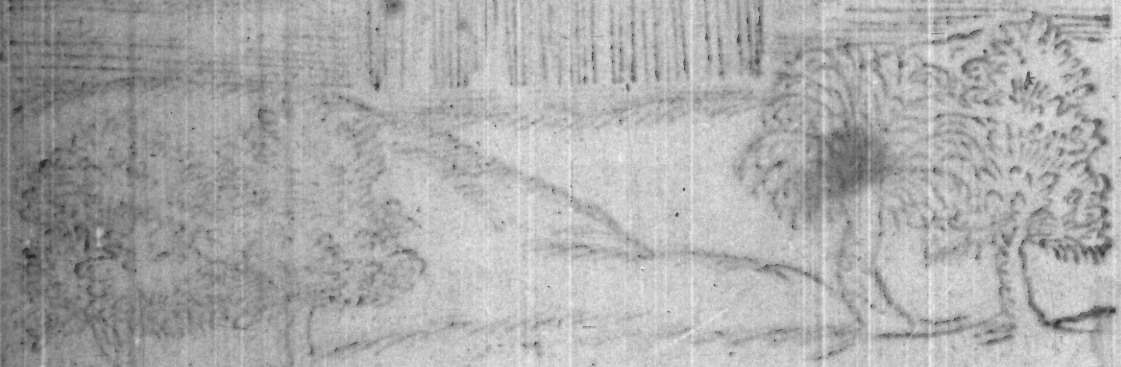
B

To

The Art of swimming.

To stroake his legge as if he were pulling
on a boote.

This is nothing els but lying straight upon his backe, as are
all the other extraordinarie seates, and suddenly lifting one leg
aboue the water, stroake with both his hands in this manner.



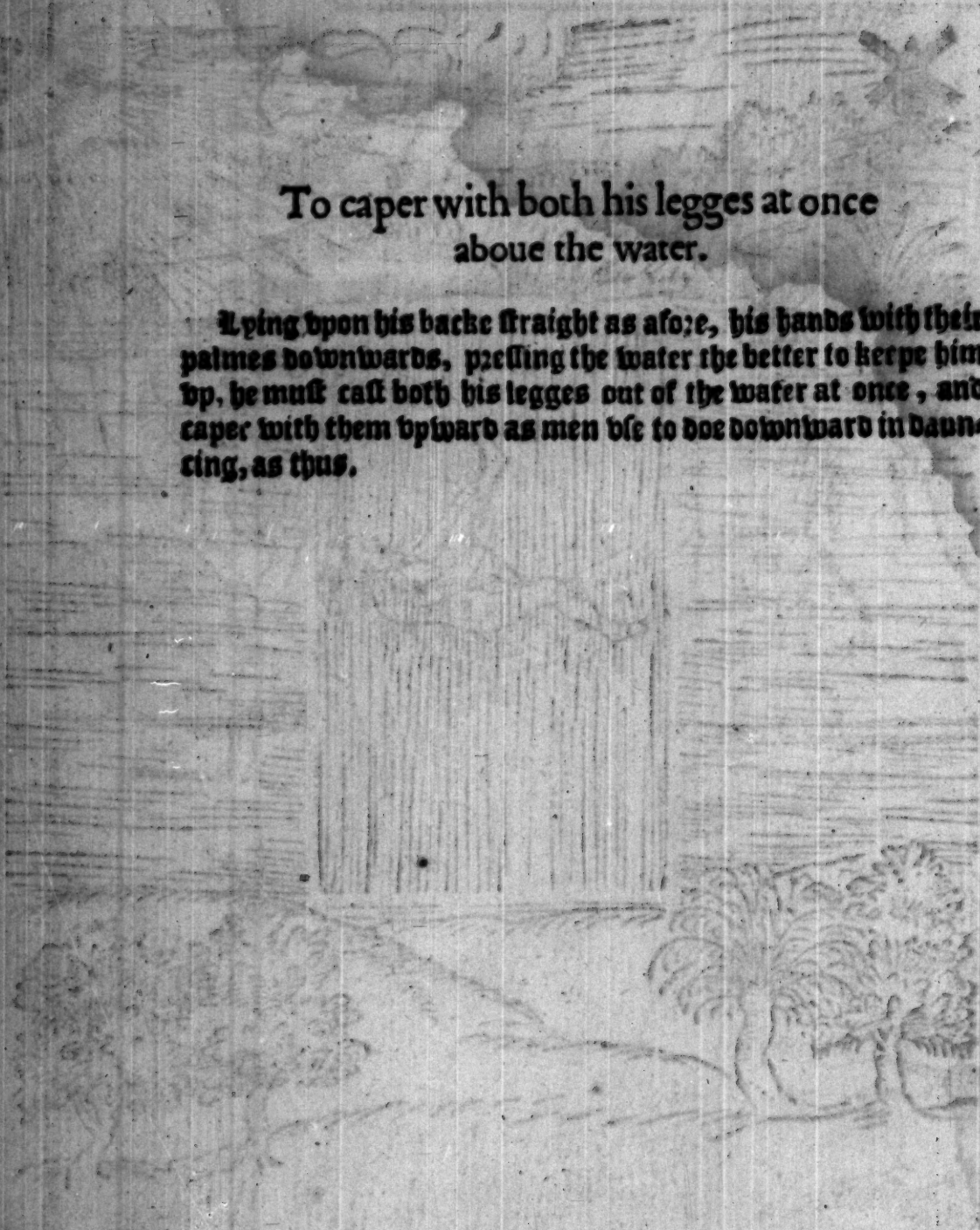
The Art of Swimming.



The Art of swimming.

To caper with both his legges at once
about the water.

Lying vpon his backe straight as afore, his hands with their
palmes downwards, pressing the water the better to keepe him
vp, he must cast both his legges out of the water at once, and
caper with them vpiward as men vse to doe downward in daun-
cing, as thus.



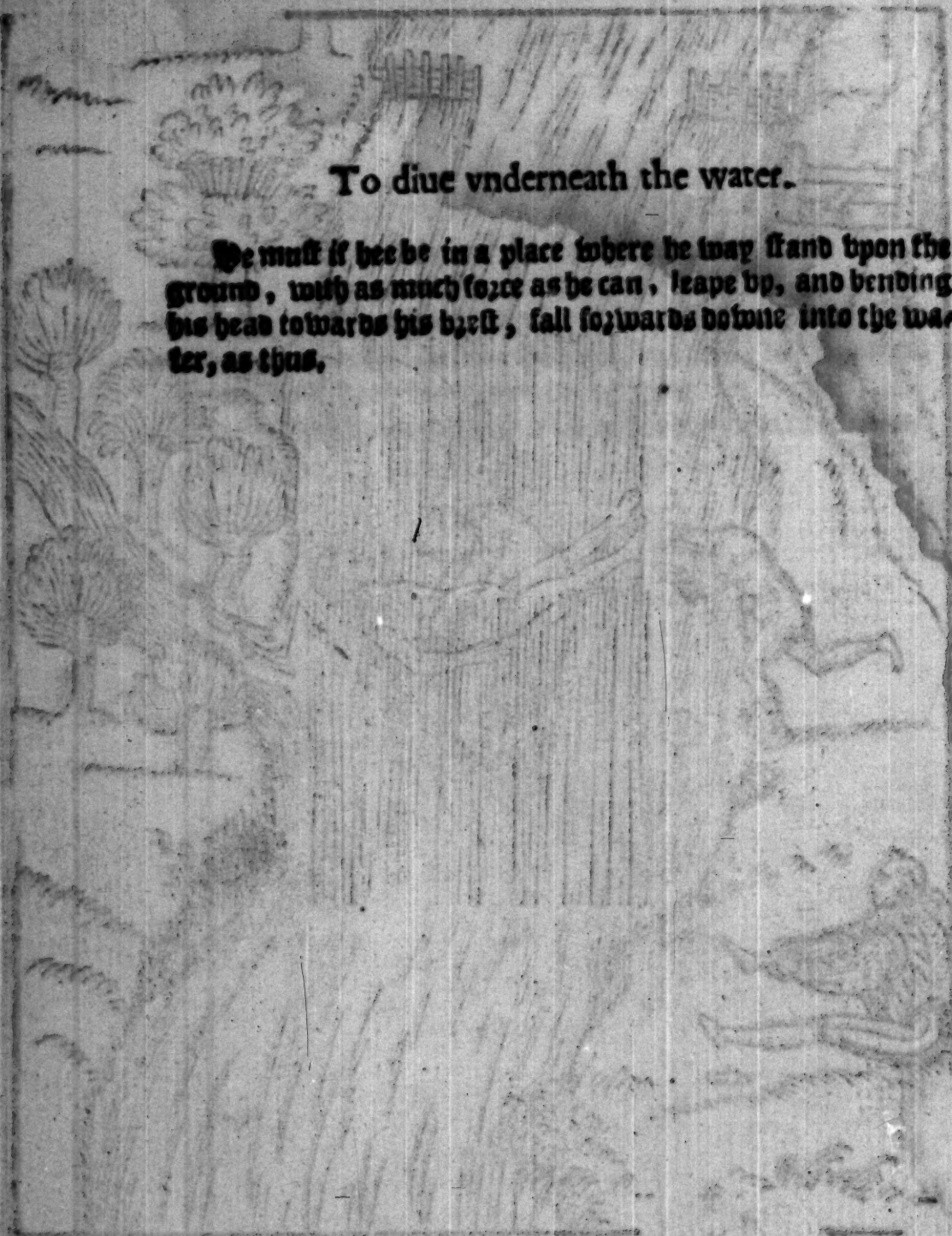
The Art of swimming.



The Art of swimming.

To diue vnderneath the water.

He must if hee be in a place where he may stand vpon the ground, with as much force as he can, leape vp, and bending his head towards his heelt, fall so, wards doونه into the water, as thus,

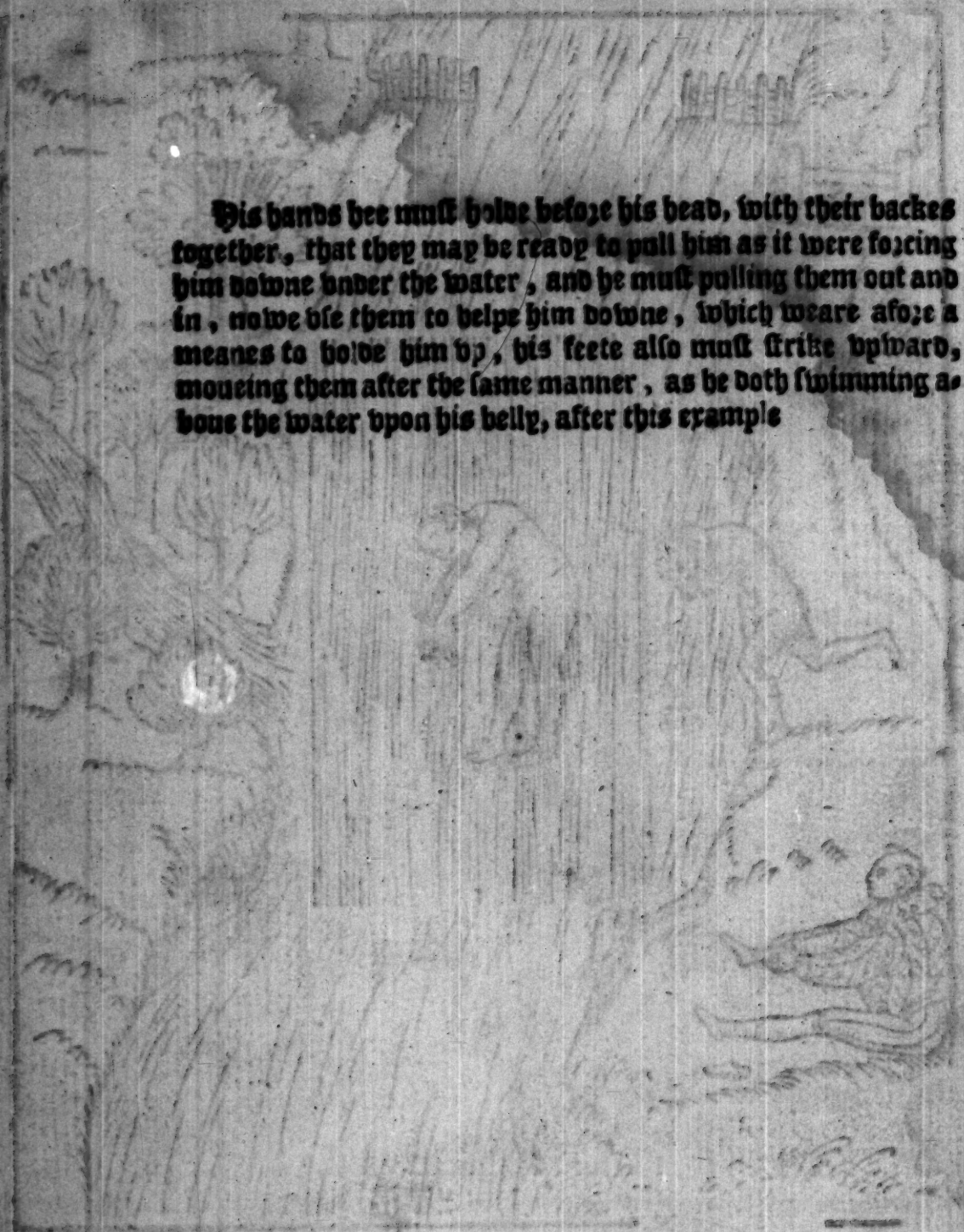


The Art of swimming.

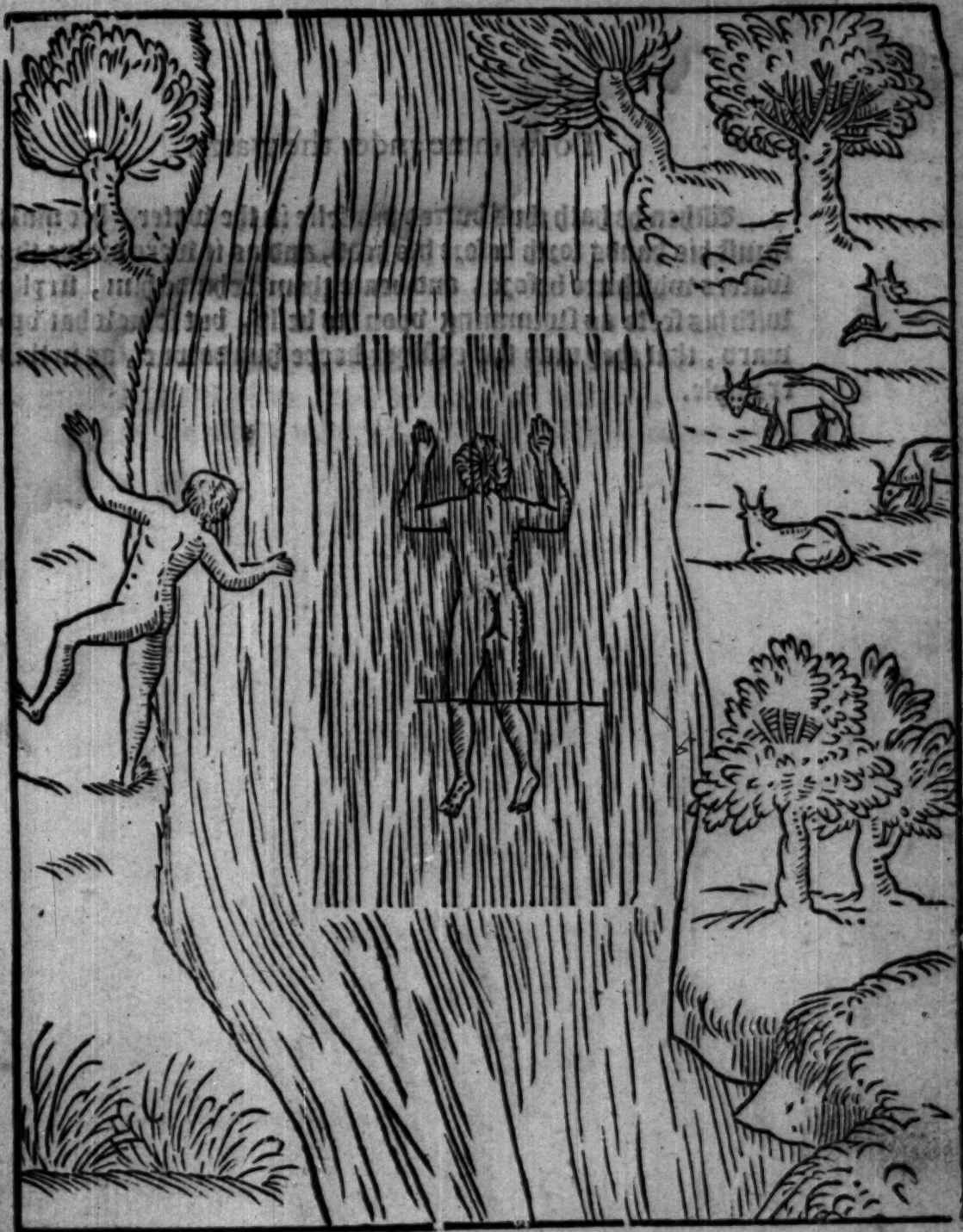


The Art of swimming.

His hands bee must holde befoze his head, with their backs together, that they may be ready to pull him as it were forcing him downe under the water, and he must pulling them out and in, nowe use them to helpe him downe, which weare also a meanes to holde him up, his feete also must strike upward, moueing them after the same manner, as he doth swimming aboue the water vpon his belly, after this example



The Art of swimming.



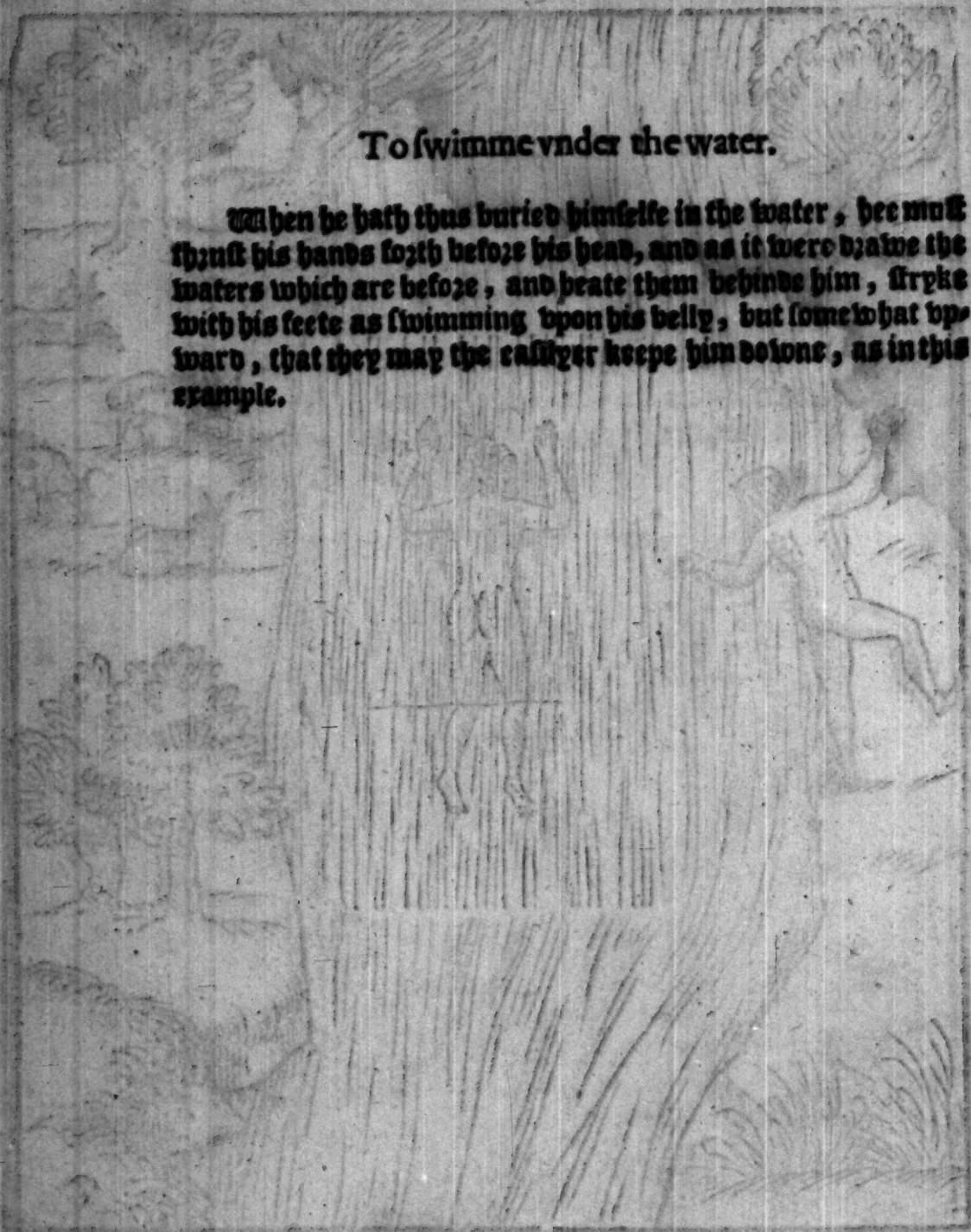
L.

To

The Art of swimming.

To swimme vnder the water.

When he hath thus buried himselfe in the water, hee must thrust his hands forth before his head, and as it were brate the waters which are before, and beate them behinde him, stroke with his feete as swimming vpon his belly, but somewhat upward, that they may the easier keepe him doونه, as in this example.



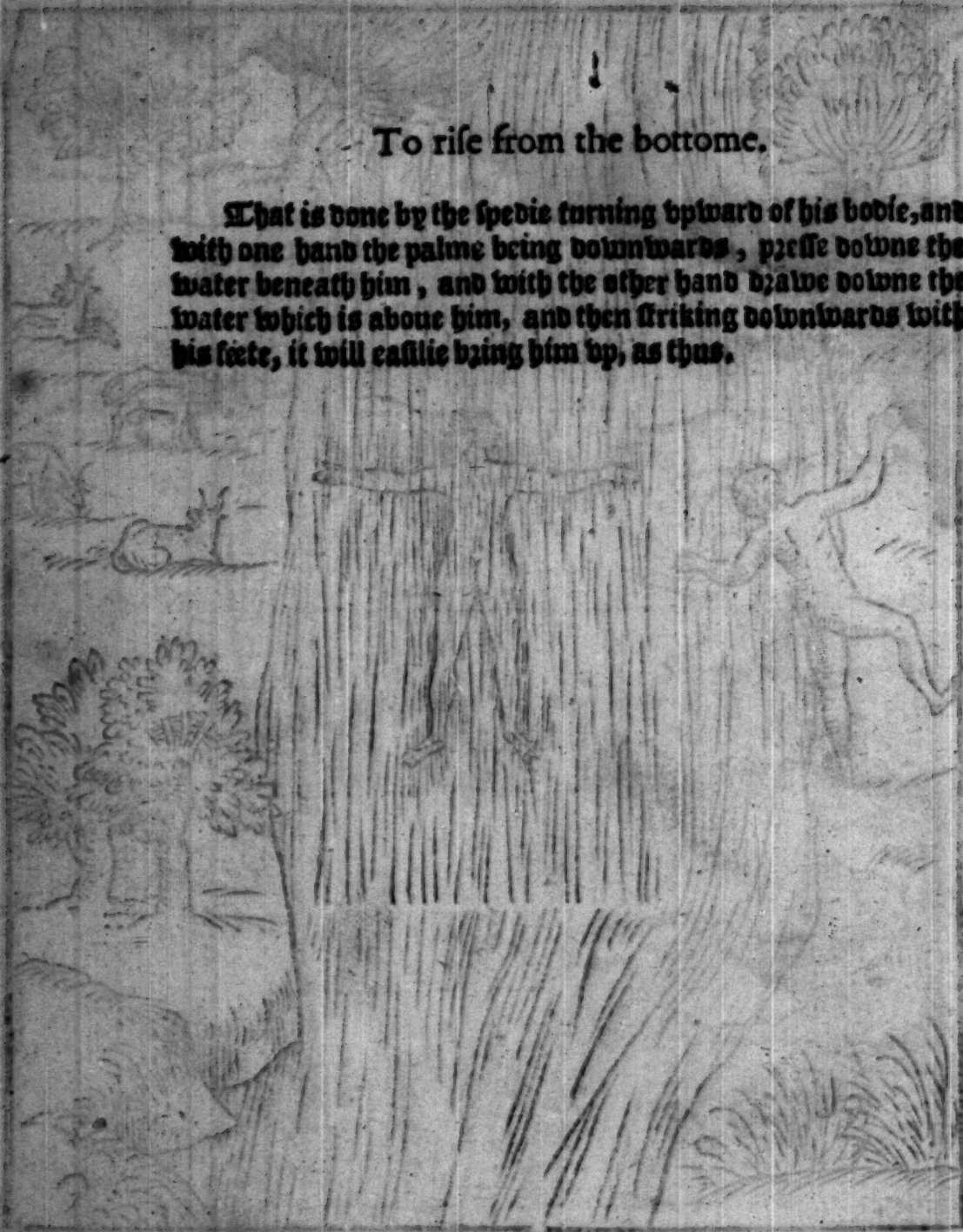
gain The Art of swimming.



The Art of swimming.

To rise from the bottome.

That is done by the speedie turning upward of his bodie, and with one hand the palme being downwards, presse downe the water beneath him, and with the other hand brawe downe the water which is above him, and then striking downwards with his feete, it will easilie bring him up, as thus.



The Art of swimming.



The Art of swimming.

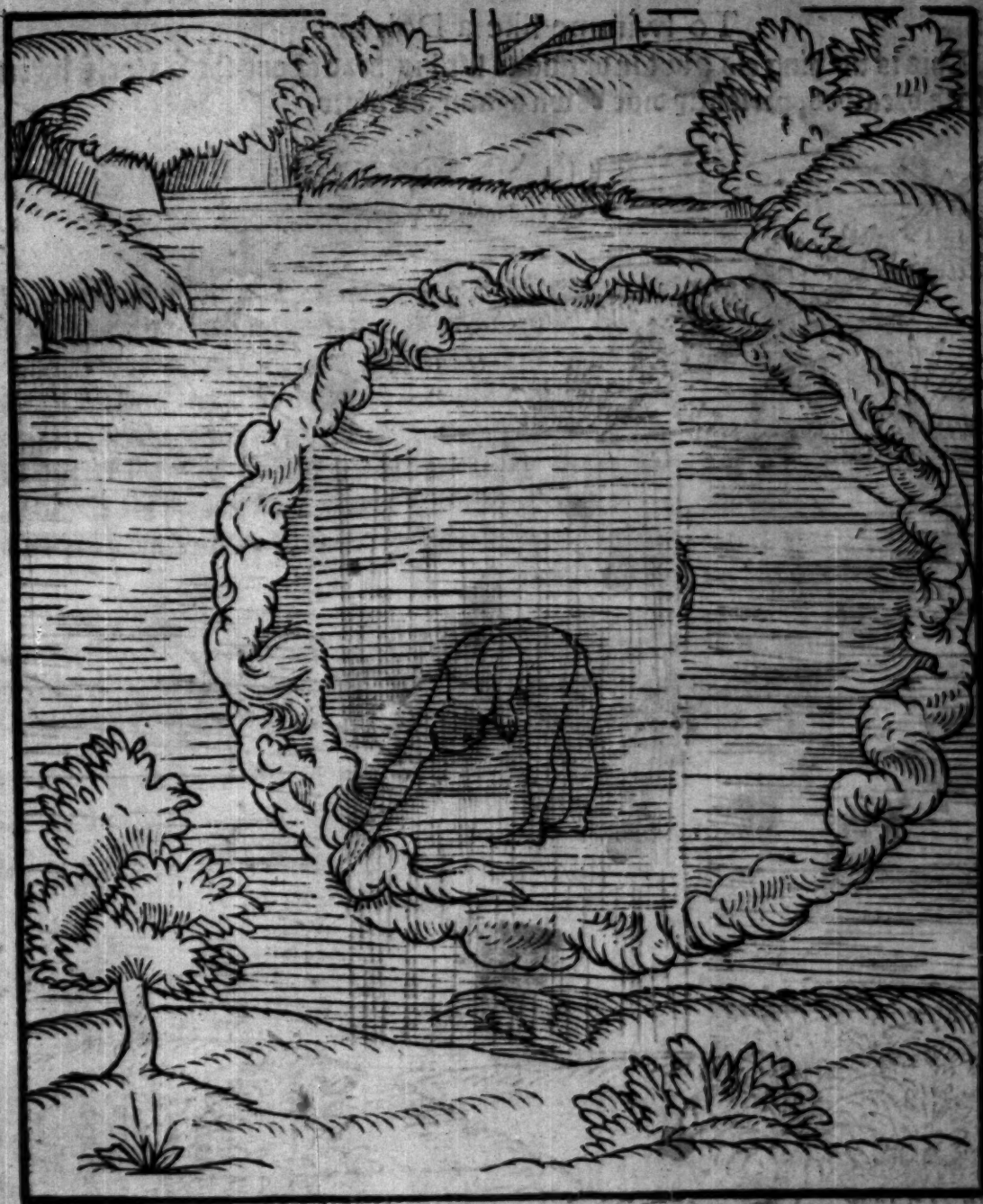
To seeke any thing that is lost in
the water.

He must swimme vnder the water as afore, but as nere the bottome as he can, so that he touch it not, least he raise any mud to thicken the water, his eyes open, that he may see where it lyeth, and if so be that he haue any occasion to turne him selfe, or to seeke round about, as thinking himselfe nere the thing he seeketh, if he will turne towards the left hand, he must with his right hand, pull towards him the water which is on his left side, which will easilye turne him about, as this picture next following sheweth by example.

But thus much to him which learneth to dīue, let him neuer swimme further then he can see the bottome, for it is either very deepe, or els he is vnder some bancke, or in some such danger.



The Art of Swimming.



The Art of swimming.

To swimme like a Dolphin.

This is nothing els, but in diving to lift his head above the water, & when he hath breathed, presently dive down againe, as afore.



FINIS.

